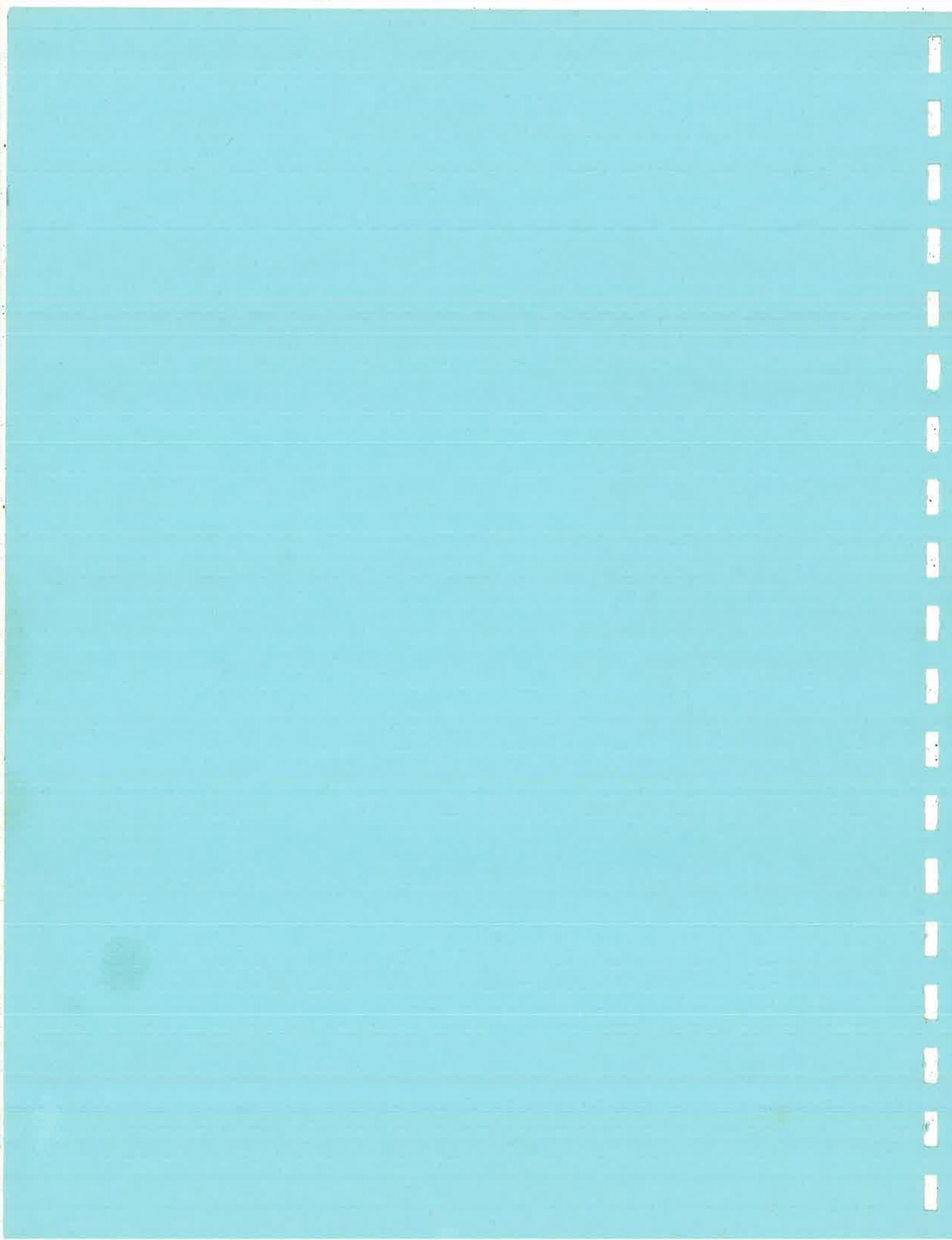


The 1994 FAA AHR Cookbook

second edition of "Heavenly Recipes" 1992



All donations are for the Combined Federal Campaign



Prologue

This has really been a wonderful experience preparing this Cookbook. It seems when you ask people for recipes you really bring out the best of people all over the place. I can't tell you how much joy I had in listening to all of the interesting stories that go along with the recipes. One woman told me her recipe was the 1st thing that she ever cooked for her husband and it was a true disaster, but, now with years of refinement, it is the best recipe ever. Another person told me that his recipe was a substitute wedding cake on his wedding day because they didn't have space and time. Another told me she bakes her recipe every Holiday. One lady baked her recipe on the day her first son was born and she burned it. Today, nineteen years later it is a favorite of that son and all the family. And the stories went on and on. Well, isn't that the true story of the Combined Federal Campaign... People helping People and sharing with each other.

A few people asked me to make sure that the cookbook included a section on cross cultural recipes and Kids favorites was a must. Well, after we got working on it, we found that almost all recipes came from somewhere else. They also did not fit into any one category. Even our American titled recipes, in many cases, were originally from other countries of our heritage. As we are the "melting pot of the world" is it any wonder that even our recipes were derived from other nations. So, we decided to make the whole cookbook a cross cultural recipe cookbook with American recipes and recipes from around the world. We tried to identify the cultural derivatives. These are annotated in the index and on the pages of the new recipes.

I want to thank everyone that contributed the recipes and/or bought the cookbooks. I especially want to thank the 1994 AHR CFC team for compiling the recipes and working so hard for all of the campaign events. Great Job! Cathie Mott, team leader.

I think you will be pleasantly surprised at the neat recipes you will find in these pages. Enjoy!

Thanks, The 1994 AHR CFC Team

Cathie Mott, Tanya Yiasemides, Kati Stephens, Meryl Evans,
John McDaniel, Tiffane Williams, Deidre Burley, Deithrea Smith, Susan Carlson,
Pam Wade, Chevion Calbert, Toni Ann Farace

TABLE OF CONTENTS

Introduction:.....	1
FAA Spirit Recipe:.....	2
Breads, Appetizers, Soups, Dressings, Sauces, and Salads.....	3 - 18
Entrees:.....	19 - 37
Desserts:.....	38 - 59
Index:.....	63

The Index is separated into Appetizers, Soups, Salads, Sauces, Entrees, Desserts, Breads & Muffins, and Drinks

Specialty Recipes Index:

- Cross Cultural: Marked with "  " and **Origin** if known
- Children's Favorites: Marked " **KIDS Faves** "
- Barbeque: Marked with " **BBQ** "

Helpful References:.....

Product Substitutions-- From Our Kitchen to Yours.....	60
Flavor Matchups--	
Handy help on when and where to best use different spices....	61 - 62

This is the second version of the FAA Human Resource Cookbook. The contributions given for this cookbook will be donated to the Combined Federal Campaign. This book is an update of the previous cookbook called "Heavenly Recipes". All of those recipes are also included in this book so that you have all your great recipes in one great place. The new recipes are marked with a **§** in the front of the recipe title, such as **§ Pumpkin Pie**. We hope that you enjoy all of these great cooking experiences.

Cookery. The art of preparing and dressing food of all sorts for human consumption, of converting the raw materials, by the application of heat or otherwise, into a digestible and pleasing condition, and generally ministering to the satisfaction of the appetite and delight of the palate... the art of cookery is to some extent the product of an increased refinement of taste, consequent on culture and increase of wealth . To this extent, its a decadent art, ministering to the luxury of man, and to his progressive inclination to be pampered and have his appetite tickled. ... (Encycl. Britannica, 1956 ed.) contributed by Doug Wood

FAA Spirit Recipe

If you walk the halls of the Human Resources Office at the FAA, lately you may hear a familiar hum. If you happen to bump into the *FAA Chorale* you may even hear them singing the words of this pleasant spirited tune. And, if by chance, you run into Sheila Robinson you might just ask her to sing it right out loud just for you!

Any way you take it, this little catchy tune has been an *ESPRIT* recipe for many FAA employees during the Employee recognition ceremonies and deserves a special place in our HR Cookbook.

WE ARE THE PEOPLE OF THE FAA

Verse:

We're 47,000 strong,
working together as we sing this song.
We are the people who can do the job when its on the line.
We always know just what it takes, every hour of every day, to keep you flying safe across this land and around the world.

Refrain:

We are the people of the FAA,
men and women with something to say.
We do our jobs with pride, we never let it slide,
we get you there safe in every way.

We are the people of the FAA, we're always finding a better way,
to make it safe when you fly, and now you know why,
we are the people of the FAA.

Verse:

We're planning and building a way
to make tomorrow even safer than today.
While flying grows, so do we and that's what its all about.

We want to help you get back home
in a jumbo jet or flying alone.
We make it safe up in the sky so you'll relax when you fly.

Repeat Refrain

BREADS, APPETIZERS, SOUPS, DRESSINGS, SAUCES AND SALADS

§ Ann's Grandmother's Cranberry Ice

(Excellent served with Turkey dinner at Thanksgiving/Christmas)

4 cups cranberries
2 cups boiling water
2 tsp unflavored gelatin in 1/4 cup cold water
2 cups sugar
1 pint gingerale

Boil cranberries until skins pop. Sieve.
Add gelatin & sugar to cranberries. Stir well.
Add gingerale to cranberry mixture. Freeze to a mush stage. Turn
into large bowl and beat with an electric mixer till smooth.
Refreeze. (If I have time I repeat the beating step.)

Ann Hoffer

Mott's Family Tarter Sauce

3/4 cp mayonaise	2 Tlb chopped Dill pickle
2 Tlb Minced. onion	1 Tsp Horseradish
1/2 Tsp chopped parsley	

Mix and chill. For best results, let set for 4 - 5 hrs.
Really great taste!

Geneva Mott

§ Artichoke and Cheese Dip (Serves 8)

1 can artichoke hearts (14 oz can)	1 jar marinated artichoke (6 oz jar)
1 can green chiles hearts (4 oz can)	2 cups grated cheddar cheese
6 tbsp mayonaise	

Drain artichoke hearts and green chiles and chop. Mix with remaining ingredients. Place
in 1 1/2 quart casserole. Bake at 350 degrees for 25 - 30 minutes or until warm.
Serve with crackers.

Marcia Brusberg

§ Hot Clam and Cheese Dip

(Serves 8).

1 small onion finely chopped
3 Tlb butter
1/4 lb processed cheese cubed
1 Tlb sherry
1 Tlb worstershire sauce

1/2 green pepper finely chopped
2 cans minced clams, drained (10 oz can)
3 Tlb catsup
1/2 tsp Cayenne pepper

Saute' onion and green pepper in butter until tender. Add remaining ingredients and cook over very low heat or in top of double boiler until cheese melts, stirring often. Serve in a chafing dish with assorted crackers.

Marcia Brusberg

§ Clam Chowder (Serves approx 10)

1 large can of clams
6 big potatoes
4 stalks of celery
1 cup water

1 onion diced and chopped
1 large carrot
1 qt 1/2 & 1/2 or milk
1 tsp pepper

Dice and chop onion. Sautee onion. Peel and chop potato. Put juice of clams with potatoes. Add onions. Simmer until potatoes are cooked. Add large chopped carrot. Add 4 celery stalks chopped and diced. Add 1 qt 1/2 & 1/2 or 1 qt milk. Add 1 cp water. (Don't add water if you use 2% milk) Simmer and add clams and pepper. Serve in bowls and accompany with oyster crackers.

Denise Bontempo

§ Creamy Dressing

garlic
1Tlb dijon mustard
3 Tlbsp lemon juice
1 cup non fat yogurt
2 Tlbsp non fat cottage cheese
tobasco
dash of curry

Mix thoroughly and chill.

Angie Kask

§ Shrimp Scampi Salad (Makes 4 to 6 servings.)

8 cups assorted salad greens	1 lb deveined shelled medium shrimp
2 cloves garlic, crushed	2 Tbsp lemon juice
2 tsp Dijon mustard	2 cups garlic- and cheese-flavored crouton
1 jar (7 oz) roasted red peppers, drained & coarsely chopped	
2 jars (6 oz each) marinated artichoke hearts, drained, reserve marinade.	

In large bowl, arrange salad greens. Sprinkle with peppers and artichokes; set aside.

In large skillet, heat 6 tablespoons reserved artichoke marinade over medium-high heat. Add shrimp; saute until pink and just cooked (about 4 1/2 minutes). With slotted spoon, place shrimp on salad greens.

To drippings in pan, add garlic, lemon juice and mustard; bring to boiling, stirring. If necessary, boil to reduce liquid to 1/2 cup.

Stir in 1/2 teaspoon pepper and 1/4 teaspoon salt; pour liquid over salad greens. Toss to coat. Sprinkle with croutons & serve immediately.

Cathie Mott

§ Pasta Salad

Cook various shapes and sizes of your favorite pasta; drain and place in large bowl. While pasta is still hot, add your favorite frozen (yes, still frozen!) mixed vegetables (Veggies will cool the pasta and as they thaw.) Add enough Ken's Steakhouse Honey Mustard Vinegarette Dressing to taste and several tablespoons of grated/shredded Romano cheese (available in deli section of most stores.) Toss and enjoy. (This is a low fat and relatively low calorie meal.)

Virginia Volk

§ "I don't want to cook potato salad for buffets and potlucks" German

Go to the local grocery store and purchase "Reed's German Potato Salad" (generally located on top shelf of the vegetable section in the canned goods aisle.) Take home, open can and place in decorative microwave serving bowl. Microwave until hot. When asked for recipe, lie: "I took a gourmet cooking class and it was one of the recipes we tried." (It's the truth for my sister-in-law and it's worked for me, so why not for you?) TIP: While at grocery store, purchase some Kielbasa sausage and add to potato salad to make a main dish.)

Virginia Volk

§ The Gourmet's Dressing

The Gourmet's Dressing: The only red wine vinegar with a black and gold label in the dressing section of your grocery store. Try it, it's great on salads, over veggies, as a marinade, etc.

Virginia Volk

§ Multi - Fruit Party Punch

This is a really neat way to use the juices from your canned fruit cans when you use fruit that is "stored in it's own juice". Pour the fruit juice from the canned fruit cans into a big plastic jar. It is ok to mix the juices. Freeze the jar of juices. when you are ready to make your party punch, empty the frozen fruit juices into your punch bowl. Let it sit about 15 minutes and then pour 2 bottles of ginger ale or spritzer on top of it. This makes a very refreshing, pretty and slushy party punch.

Cathie Mott

§ Italian Dressing

2 tbs apple cider vinegar	1 tbs chopped onion
1/4 cup water	2 tbs frozen apple juice concentrate
1 clove garlic, cut in half	1 tsp honey
1/2 tsp crushed dried basil	1/2 tsp crushed dried oregano
pinch white pepper (optional) and	2 canned artichoke hearts, packed in water, rinsed drained (about 1/2 cup)

Combine all ingredients in blender or food processor and puree until smooth. Chill 15 mins. before serving. Store any remaining dressing in covered container in refrigerator.

Yields 1 Cup

Calories: 13 Fat: .04 g Percentage of Calories from Fat: 3%

Cholesterol: 0 mg Sodium: 6 mg Dietary Fiber: .3 g

Katie Stephens

§ Nonfat Yogurt Cheese

32 oz carton plain nonfat yogurt

You may drain the yogurt using any one of several different methods: (a) Line a large strainer with either cheesecloth or coffee filters. Spoon in yogurt, refrigerate and let drain into a large bowl or jar. (b) You can use the same method with a drip coffee maker lined with double paper coffee filters. (c) A special yogurt cheese funnel designed for this specific purpose is now available in some health food and gourmet stores.

Drain for the desired time:

4-6 hours for sour cream consistency;

12 hours or longer for whipped cream cheese consistency and for dessert toppings;

24 hours or longer for cream cheese consistency (for cheesecakes)

For every cup of yogurt cheese desired, use two cups of yogurt. The liquid whey that drains off will be bright yellow in color. Discard liquid. Yogurt cheese will keep in the refrigerator for up to five days.

Calories: 16 Fat: .05 g Percentage of Calories from Fat: 3% Cholesterol: .5 mg

Sodium: 22 mg Dietary Fiber: 0g

Katie Stephens

§ Salsa

2 medium tomatoes	1/2 medium onion
1/2 medium green pepper	1 small fresh jalapeno pepper (optional)
1/4 cup fresh cilantro leaves	1 tbs lime or lemon juice
1 tbs apple cider vinegar	1 clove garlic, split
1/4 tsp chili powder	1/4 tsp cumin

Cut vegetables into pieces of about equal size, 1/2" or smaller pieces. Combine all ingredients. Put aside 1/2 cup mixture. Put remaining mixture in food processor or blender. Using a pulsing (on-off) motion, process to desired texture. The optimum salsa has an uneven coarse consistency, rather than a paste or puree. If you do not have a food processor and wish to make this by hand, chop vegetables as fine as possible and combine with remaining ingredients. Add 1/2 cup mixture back into blended salsa and stir. This will provide chunkier texture. Transfer to shallow serving dish. Chill for 15 mins. before serving. To keep for more than a day or two, bring salsa to boil, then transfer to covered container and chill. Salsa should be used up within a week. Yields about 1 1/4 cups

Calories: 5 Fat: .06 g Percentage of Calories from Fat: 11% Cholesterol: 0 mg

Sodium: 2 mg Dietary Fiber: .32 g

Katie Stephens

§ Nonfat Whipped Topping

1/3 cup nonfat milk	1/3 cup instant nonfat dry milk solids
1-2 tsp honey to taste	1/4 tsp vanilla

Pour nonfat milk into a small metal mixing bowl. Set bowl in freezer until ice crystals begin to form, about 15-20 mins. Chill beater from mixer in freezer as well. Using a hand held electric mixer, beat nonfat dry milk solids into nonfat milk. Continue to beat on high until soft peaks form, about 2 minutes. Add honey to taste and vanilla and beat until stiff peaks form, about 2 additional minutes. Use within 20 minutes to avoid cream separating.

Yields 1 1/2 Cups Whipped Topping or 6 Servings (1/4 cups each)

Calories: 14 Fat: .1 g Percentage of Calories from Fat: 6% Cholesterol: .7 mg
Sodium: 21 mg Dietary Fiber: 0 g

Katie Stephens

§ Zucchini Bread

3 cups flour	1 tbs cinnamon
1 tsp lite salt (optional)	1 tsp baking soda
1 tsp baking powder	3 Egg Beaters, beaten (3/4 cup)

1 cup sugar (or 1/2 cup sugar + 6 packets Sweet 'N Low)
1 cup brown sugar, packed (or 1/2 cup brown sugar + 2 tsp Sweet 'N Low Brown)
1 cup liquid Butter Buds (or 1 cup Promise Ultra Fat -Free margarine)
2 tsp vanilla
2 cups zucchini, grated (or zucchini and grated carrots, mixed)

Preheat oven to 350 degrees F. Spray two loaf pans with a non-fat cooking spray. Sift flour, cinnamon, salt, soda, and baking powder; set aside. Mix Egg Beaters, sugars, liquid Butter Buds, and vanilla. Add sifted ingredients and blend in grated zucchini. Pour into loaf pans and bake 60-70 minutes.

Yields 2 loaves

Fat: .4 g Cholesterol: 0 mg Fiber: 1 g Calories (all sugar): 137
(1/2 Sweet 'N Low): 107 3 % Calories from fat Protein: 3 g Carbohydrate (all sugar): 31 g (1/2 Sweet 'N Low): 23 g Sodium: 137 mg

Katie Stephens

Mock Banana Nut Bread

2 cups all-purpose or bread flour	1 tsp baking soda
1/2 tsp lite salt (optional)	2 Egg Beaters (1/2 cup)
1 tsp vanilla	3-4 small mashed ripe bananas
1 cup Grape-Nuts cereal	
3/4 - 1 cup sugar (or 1/2 cup sugar + 6 packets Sweet 'N Low)	
1/2 cup liquid Butter Buds (or 1/2 cup Promise Ultra Fat-Free Margarine)	
1/2 cup low-fat buttermilk (or 1/2 cup skim milk and 1 tsp lemon juice)	

Mix all the ingredients together except bananas and cereal with a hand mixer. Beat until smooth. Mash bananas and fold into dough mixture along with cereal. Spray 2 pans with a non-fat cooking spray. Pour batter in pans and bake at 300 degrees F for about one hour or until golden brown.

Yields 2 loaves

Fat: .4 g Cholesterol: 0 mg Fiber: 1 g Calories (all sugar): 114
(1/2 Sweet 'N Low): 99 3% calories from fat Protein: 3 g
Carbohydrate (all sugar): 25 g (1/2 Sweet 'N Low): 21 g Sodium: 119 mg

Katie Stephens

NOTES:

Havarti Pastry Puff

Thaw one sheet of puff pastry until pliable and roll out slightly, just to thin a bit. Place about 1-2 T. mustard in center of pastry; top with a sprinkling of herbs. Top mustard and herbs with the block of cheese. Top cheese block with remaining mustard and herbs. Wrap pastry around the block of cheese (as if it were a package) and trim off excess. Place on ungreased baking sheet and bake at 350 degrees for 25-30 minutes. You may glaze the top of the pastry with a beaten egg before baking to give a nice brown color.

Angie Kask

Spinach Dip

1 10-oz. pkg. frozen, chopped spinach, thawed and squeezed dry
1 pkg. Knorr Vegetable Soup Mix 1 1/2 c. sour cream
1 c. mayonnaise 1 8-oz. can water chestnuts, chopped
3 green onions, chopped

Stir soup mix, sour cream, and mayonnaise until blended. Stir in spinach, water chestnuts, and onions. Cover, chill 2 hours. Stir before serving. Makes 4 cups.

Lorna Smith

Mexican Dip

2 cans chili (without beans) 2 pkgs. dry taco seasoning mix
chopped or sliced jalapeno peppers 2 8-oz. pkgs. cream cheese, softened
shredded cheddar or monterey jack cheese

Mix chili and taco mix. Spread in the bottom of a glass dish. If desired, sprinkle with jalapeno peppers. Spread cream cheese over mixture; cover with shredded cheese. Microwave until cheese melts. Serve with tortilla chips.

Cindy Medlock

Caponata - a vegetable antipasto that will keep for a week or so in the refrigerator.
Serve at room temperature.

(6-8 servings)

2 eggplants	3 T. salt
2 tomatoes	1 T. olive oil
2 peppers	2 zucchini
2 white onions	1/4 c. wine vinegar
1/2 t. sugar	capers
1 bay leaf	1/2 c. pitted green olives
1/4 c. olive oil	

1. Cut eggplants into pieces, sprinkle with salt and cover with a weight (pot lid). Let stand for about 30 minutes and meanwhile proceed to the next step.
2. Peel and seed tomatoes. Heat 1 T. of olive oil in a small saucepan, cook the tomatoes for 15 minutes; puree.
3. Cut peppers and zucchini into pieces.
4. Slice onions thin.
5. Pat eggplants dry.
6. Heat vinegar in small saucepan over low flame. Dissolve sugar in it.
7. Mix together all ingredients; including capers, bay leaf, olives, olive oil, salt, and pepper. Place in oiled roasting pan and bake in a 350 degree oven for 1 1/2 to 2 hours. Turn every 30 minutes.

Anita Sciacca

World Class Guacamole

2 large ripe avocados (reserve 1 pit), mashed	
juice of 1/2 lemon	2 cloves garlic, crushed
2 scallions, chopped	1 large ripe tomato, chopped
1/4 t. chili powder	2 T. prepared salsa

Mix all ingredients together and serve with tortilla chips. Store with reserved pit to prevent discoloration.

Ann Hoffer

Crabmeat Pate

1 8-oz. pkg. cream cheese	1/2 c. finely chopped celery
1 small onion, grated	1 3-oz. pkg. lemon jello
1/2 c. hot water	1/2 c. undiluted cream of mushroom soup
1 1/2 c. crabmeat	1/2 c. mayonnaise

Dissolve jello in hot water. Add soup and cream cheese. Beat with a mixer and add remaining ingredients. Pour into a buttered one quart mold. Let set several hours or overnight. Unmold and serve with assorted crackers, melba toast, pumpernickel bread, or graham nut bread.

Kay Frances Dolan

Cold Peach Soup

2 1/4 lbs. ripe peaches, skinned and sliced	1/2 c. orange juice
1 t. orange rind, finely grated	1/2 c. marsala, or other sweet wine
1/4 c. sugar	3 T. cornstarch
1/8 t. ground cloves	fresh mint leaves for garnish

Place all ingredients, except mint leaves, in blender or food processor. Puree thoroughly. Pour fruit mixture into a heavy, medium-sized saucepan. Bring soup to a slow boil. Lower heat. Simmer and stir soup 8 to 10 minutes, until soup clears and thickens slightly. Chill. Serve in ice cold glasses or bowls.

Valerie Nichols

Cream of Cauliflower Soup

1 small head of cauliflower	1/4 c. chopped onion
1 small potato, cubed	3 T. butter
2 c. chicken stock	2 c. milk
1 c. light cream or evaporated milk	salt, pepper, parsley, paprika

Break cauliflower into florets. Peel, core and slice. Saute onion and potato in butter until just tender. Add 1 cup water and the cauliflower. Cover and cook until cauliflower is tender. Turn the cooked vegetable mixture, including cooking liquid, into a blender. Add 1/2 cup of stock and run until smooth or press vegetable and cooking liquid through a sieve. Add remaining stock, milk or cream. Heat to simmering. Season with salt and pepper to taste. Serve hot with six reserved, cooked florets and parsley or paprika.

Ellie O'Sullivan

Carrot Ginger Soup - good for a light lunch or first course

2 T. butter	1 1/2 T. grated fresh ginger
1 1/2 c. diced onion	4 c. chicken broth
10 to 12 carrots, sliced	1/4 c. orange juice
1 1/2 c. heavy cream	1 1/2 c. milk

Melt butter in large saucepot. Add diced onion and gently cook for 3-4 minutes until transparent. Add sliced carrots, ginger, and chicken broth and simmer for 25-30 minutes or until carrots are tender. Strain the vegetables, reserving broth. Puree vegetables in food processor or blender. Return puree to broth and stir in orange juice, milk, and cream. Return to heat, season with salt and pepper and a sprinkling of paprika. Do not boil, but heat thoroughly. Serve with a dollop of sour cream and crusty French bread. Serves 6.

Angie Kask

Cold Cream of Curried Pea Soup

1 c. shelled fresh peas	1 clove garlic
1 medium onion, sliced	1 t. salt
1 small carrot, sliced	1 t. curry powder
1 stalk celery with leaves, sliced	2 c. chicken stock
1 medium potato, sliced	1 c. cream

Place the vegetables, seasonings and one cup stock in saucepan and bring to a boil. Cover, reduce the heat and simmer for 15 minutes.

Transfer to the container of an electric blender. Cover and turn the motor on high. Remove the cover and, with the motor running, pour in the remaining stock and the cream. (If you prefer, you may strain and save the liquid and blend the cooked vegetables in a food processor, then add back the strained liquid and the remaining stock and cream in a large bowl and blend together with a whisk.)

Chill for several hours or overnight and serve topped with whipped cream (opt.).

Steve Perin

Hot and Sour Soup - I

1 c. (or more) mushrooms, cut in thin strips	1/2 t. pepper
1/2 c. bamboo shoots, cut in thin strips	1/4 lb. tofu, shredded
1/4 lb. cooked pork or chicken, shredded	2 T. vinegar
4 c. chicken broth	2 T. cornstarch
1 T. soy sauce	1/4 c. water
1 egg, beaten	2 scallions, chopped
fresh kale, cut in strips, or broccoli florets	

In saucepan, combine mushrooms, bamboo shoots, pork or chicken, kale or broccoli, broth, soy sauce, and pepper. Bring to a boil and simmer 4 minutes. Add tofu and vinegar. Mix cornstarch and water and slowly add to soup. Stir until soup thickens. Slowly stir in egg. Ladle into bowls and sprinkle with chopped scallions.

Ellie O'Sullivan

Salmon Ball

8 oz. cream cheese, softened	1 T. lemon juice
1 large can salmon	1-2 t. liquid hickory smoke
1-2 t. grated onion	1-2 T. horseradish

Blend all ingredients. Form into ball and roll in chopped pecans. Chopped pecans can also be added to the mixture, if desired. Refrigerate 24 hours.

Grace Pumphrey

Hot and Sour Soup - II

1 can condensed chicken broth
1 4-oz. can sliced mushrooms
2 T. Kikkoman Soy Sauce
1/2 t. Tabasco pepper sauce
2 green onions and tops, chopped

2 soup cans water
2 T. cornstarch
2 T. distilled white vinegar
1 egg, beaten

Combine all ingredients except egg and onions in medium saucepan. Bring to a boil over high heat, stirring constantly until slightly thickened. Gradually pour egg into boiling soup, stirring constantly in one direction. Remove from heat; stir in green onions. Garnish with additional chopped green onions or cilantro, as desired. Serve immediately. Makes about 5 cups.

Merry Creamer

Cream of Lima Soup

1 14-oz. can chicken broth
1 10-oz. package frozen lima beans
1/3 c. sliced green onion
2 T. butter or margarine
1/2 to 1 t. curry powder
1 large carrot, quartered

1/4 t. dried tarragon, crushed
several dashes pepper
1/2 c. light cream or milk
Sliced green onion tops (opt.)
1 large redskin potato, quartered

In a 2-quart saucepan combine broth, beans, the 1/3 cup green onion, margarine or butter, curry powder, tarragon and pepper. Bring to a boil; reduce heat. Cover and simmer for 15 to 20 minutes or til vegetables are tender. Cool slightly. Pour mixture into a blender. Cover and carefully blend til smooth. Return to saucepan. Stir in cream; heat through. Sprinkle each serving with green onion tops. Makes 4 to 6 side-dish servings.

Ellie O'Sullivan

Something Special Zucchini

2 T. margarine	1 large onion, sliced
1 green pepper, sliced	1 t. oregano
3 medium zucchini, sliced	2 tomatoes, cut in wedges
1 c. shredded cheddar or sliced swiss cheese	

In a large skillet, melt margarine and saute onion and green pepper until tender. Add zucchini and oregano. Cover and cook about 10 minutes, until tender. Stir in tomatoes and cook until they are heated through. Put cheese on top and cook until cheese is melted.

Christine Palmer

Cous Cous Salad

2 c. raw cous cous	2 1/2 c. chicken broth
2 c. chopped, seeded cucumber	6 chopped green onions
1/2 c. raisins	1/4 c. chopped parsley (2 T. dried)
1/4 t. red pepper flakes	2 t. mint, dried
1 t. ground cumin	3/4 c. olive oil
2 t. lemon juice	

Cook cous cous with broth. Mix cooked cous cous with all other ingredients. Serve at room temperature. Makes 8 servings.

Lorna Smith

Applesauce-Raspberry Salad Mold

2 c. applesauce	1 6-oz. pkg. raspberry gelatin
14 oz. lemon-lime soda	1 large can crushed pineapple
1/2 c. chopped pecans (opt.)	

Heat applesauce and add gelatin, stirring until dissolved. Cool to lukewarm. Stir in soda. Drain pineapple and add along with pecans to gelatin mixture. Pour into mold and chill.

Jinny Jackson

Frozen Cranberry Salad

4 3-oz. pkgs. cream cheese, softened	4 T. sugar
4 T. mayonnaise	1 1-lb. can jellied cranberry sauce
1 1-lb. jar cranberry-orange relish	1 c. chopped pecans
2 c. crushed pineapple, drained (3 8-oz. cans)	
1 c. heavy cream, whipped	

Cream together cream cheese and sugar. Stir in mayonnaise. Fold in remaining ingredients. Turn into your choice of:

2-9 x 5 x 3 loaf pans
2-1 qt. paper milk cartons (which may be torn away; the salad will be sliced)
1-6 qt. mold

Freeze until firm. Cut into slices. Serve on shredded lettuce.

Jinny Jackson

Vietnamese Chicken Salad

1 lb. broiled or boiled chicken breast (julienne strips or diced)	
2 lbs. green cabbage (thin sliced)	2 large onions (thin sliced)
Mint or basil or coriander to taste	

Mix all ingredients together and season with:

1/8 c. boiling water	1/4 c. fish sauce
1/4 c. vinegar	1 t. sugar
2-3 cloves of garlic (chopped or ground)	
2/3 fresh cayenne (chopped or ground)	

Mai Nguyen

Oriental Chicken Salad

1 large head cabbage, shredded	1 pkg. roasted almonds
2 chicken breasts, cooked and diced	4 T. toasted sesame seeds
4 green onion, thinly sliced	1 pkg. Ramen noodles, crushed

Combine salad ingredients and toss. Dress with:

3 T. vinegar	1 t. salt
2 T. sugar	1 t. MSG or Accent
1/3 c. oil	1/2 t. pepper

Lasts several days in the refrigerator.

Sandee Lewis-Haskell

Macaroni and Tuna Salad

1 6-oz. can chunk light tuna
8 oz. macaroni twists (rotoni)
1/2 green pepper
1 onion, fresh or reconstituted
2 T. sweet salad cubes or sweet relish
1 t. lemon pepper

1 6-oz. can chunk white tuna
1 stalk of celery
1 carrot
Hellman's mayonnaise, to taste
2 boiled eggs
1/2 t. cayenne pepper, or to taste

Boil macaroni til al dente (not too soft). Drain, rinse, and put aside. Chop onion and celery finely, mince the green pepper, shred the carrot, peel and slice the eggs. Mix all ingredients, except the macaroni, eggs, and chunk white tuna. Stir the mixed ingredients into the macaroni until the macaroni is evenly covered with the mixture. Lightly add in the chunk white tuna and sliced eggs. Add more mayonnaise, if necessary. Let set a while for flavor to develop. Enjoy!

Ella Kent

Zoroastrian Rice

2 c. rice	1 stick margarine
2 stalks celery, sliced	1 onion, coarsely sliced
1 t. salt	2/3 c. yellow raisins
1 T. curry (Use real curry! Not the McCormick's can)	
10-12 chopped almonds or peanuts	"some" chopped pistachios

Rinse rice at least 4 times in hot water to get rid of the starch, then cook. The rice can be microwaved - 7 minutes at power 9 and 11 minutes at power 7). Soak raisins in hot water to plump them (drain off the water to get rid of the sugar). Melt margarine, add celery, onion, salt, and curry. Let mixture boil a bit, but WITHOUT browning. Mix cooked rice in mixture until rice is "well-colored" by the curry. Fold in raisins and nuts. Stores well in the refrigerator and reheats well in the microwave.

Dick Cullen

Quick and Easy Pasta Salad

Pasta	frozen veggies
1 - 1 1/2 bottles Ken's Steakhouse Honey Mustard Vinaigrette salad dressing	
2-3 T. grated Romano cheese	salt and pepper

Prepare various shaped and colored pasta (e.g., corkscrew, seashell, spinach, tomato) according to package. Immediately after draining, add several cups of frozen veggies. (I use mixed or "Fiesta Blend" or "California Blend") The hot pasta will thaw the veggies. Add dressing and cheese. Mix thoroughly and salt and pepper to taste. Will keep for several days.

Virginia Volk

Cheese Grits

4 c. boiling water
1 c. quick grits
1 t. salt
1 t. paprika

1/3 lb. Cheddar cheese
2 eggs, beaten
1 stick margarine

Cook grits. Add cheese and butter, then remaining ingredients. Bake 20-30 minutes in a 350 degree oven.

Sandee Lewis-Haskell

Bread and Butter Pickles

(First place, Frederick County Fair, 3 years running)

4 quarts sliced medium cucumbers
2 green peppers, chopped
1/3 c. coarse-medium salt
1 1/2 t. tumeric
2 T. mustard seed

6 medium white onions, sliced
3 cloves garlic
5 c. sugar
1 1/2 t. celery seed
3 c. cider vinegar

Do not pare cucumbers; slice thin. Add onions, peppers, and whole garlic cloves. Add salt; cover with cracked ice; mix thoroughly. Let stand 3 hours; drain thoroughly. Combine remaining ingredients; pour over cucumber mixture. Heat just to a boil. Seal in hot, sterilized jars. Makes 8 pints.

Audrey Knisley

MAIN ENTREES

§ Texas Fajitas II (update)

¶ Texan

1-2 lbs skirt steak	fajita seasoning
1/4 c. soy sauce	2 T. Worcestershire sauce
1/4 c. wine, 1/4 c. wine vinegar, OR 2 T. white vinegar	

Sprinkle both sides of the steak with fajita seasoning. Put steak in plastic container. Add soy sauce, Worcestershire sauce, and wine/vinegar to steak. Marinate in the refrigerator from 1 - 12 hours (turn over once during marinating). Broil (charcoal grill or oven broiler) until done. Slice into strips. GARNISH: heat up skillet, add sliced onions, green peppers, 1 T. oil. Sauté briefly - push to one side of skillet. Add meat - when all sizzles, serve.

Meryl K. Evans

§ Texas Hash

¶ Texan

1 1/2 lb ground round	
1/2 medium bell pepper	
1 can of Hunts whole tomatoes (28 oz size)	
1 cup minute rice (uncooked)	
2 tsp chili powder	
small/medium onion diced	

Brown in skillit until onion and pepper are soft and beef is browned.
Drain all liquid. Add whole tomatoes and rice. Add salt, pepper and chili powder.

Place in casserole dish. Bake 40 - 50 minutes with lid at 350 degrees.

Sandy Brusberg

§ Spaghetti Sauce

¶ Italian

3 Tbsp Crisco Oil	1 small onion/diced
2tsp garlic powder	1 can Hunts tomato paste (12 oz size)
1 large can of tomato juice	1 tsp sugar
1 medium bay leaf	

Place oil, onion and garlic in sauce pan and simmer.
Add tomatoe paste, tomato juice sugar, oregano and bay leaf. Simmer 1 1/2 to 2 hrs on low heat.

Sandy Brusberg

Mott's Family Crab Cakes

Maryland Seafood

1 lb Backfin crab	2 slices dried bread crumbled
1 1/2 Tlb milk	1 unbeaten egg
1 Tsp worcestire sauce	Pinch of salt
2 Tlb mayonaise (approx)	

Mix and make into cakes. When you mix the crab into the mixture try not to break apart the crab. You want the crab to stay in large recognisable lumps. Makes 6 large cakes. For best results, prepare in the morning and let them "set up" for a couple of hours. When you are ready to cook them, they each should cling together and stay slightly firm in the shape of a cake. If they are too moist, roll them in wheat germ or cracker meal. Fry or broil until brown. Absolutely scrumptious!!!

Geneva Mott

§ Salmon Filets With Blender Hollandaise (serves 4)

BBQ

I was really trying to change my husband's and my daily diet. I wanted to cook more fish but I just did not know how and my husband and I couldn't stand the fish odors in the house after dinner. My sister finally shared with me these neat BBQ recipes. I have now become a real barbecue Seafood chef and added a lot of seafood dinners to our daily diet. Cathie Mott

2 tbsp (30 ml) melted butter	1 tsp (5 ml) fennel seed
4 8 oz (250 g) salmon filets	1 tbsp (1.5 ml) hot water
2 tbsp (30 ml) horseradish	3 egg yolks
1/2 cup (125)ml melted butter	few drops Tabasco sauce
salt and pepper	lemon juice

Preheat barbecue at HIGH.

Brush 2 tbsp (30 ml) butter over salmon; sprinkle with fennel seed. Place fish on hot grill and cook 5 to 6 minutes each side depending on taste.

Meanwhile, mix water, horseradish, egg yolks, Tabasco, salt pepper and lemon juice in blender for 30 seconds at high speed.

Reduce blender speed to low; very slowly, incorporate second measurement of butter. Keep mixing until butter is well blended, then correct seasoning. Serve Hollandaise with Salmon.

Approx. per serving: 778 Calories; 1 g Carbohydrates; 70g Protein; 53g Fat; trace Fiber.

Margaret Stephens

§ Scallop Kebobs

BBQ

1 lb Sea Scallops	2 tbsps Teriyaki Sauce
1 tsp garlic powder or 1 clove garlic	2 tbsps pineapple juice from can
12 cherry tomatoes	1 bell pepper cut in square pieces
1 med onion	1 can pineapple in its own juice
2 tbsps olive oil	1 tbsps lemon
1 apple cut in wedges	bamboo skewers

Preheat barbecue at LOW to MED. Mix oil, lemon, teriyaki, garlic, olive oil, and pineapple juice to create marinade. Put Scallops, pineapple, bell pepper in marinade for 30 minutes. Put Scallops, tomatos, onion pieces, apple, pineapple, bell pepper on bamboo skewers. Place skewers on hot grill. Brush mixture over kebobs on hot grill. Cook 10-15 minutes turning once or twice. Continue to baste occasionally, with the marinade while cooking. Reduce cooking time as desired. I like mine a little more well done.

Cathie Mott

§ Herbed Potatoes

4 baking potatoes	2 Tbs. butter
2 Tbs. olive oil	2 tsp. garlic salt
2 tsp. Fines Herbes	2 Tbs. freshly grated parmesan cheese

Preheat oven to ³⁵⁰400. Place butter & olive oil in large shallow rectangular or oval oven to table casserole. Put in oven to melt. Remove and sprinkle with garlic salt. Cut potatoes in half, then arrange cut side down in dish. Roast in oven 45 minutes. Remove and sprinkle with parmesan cheese & herbs. Return to oven for 10 minutes or until cheese is lightly browned.

Ann Hoffer

NOTES: _____

§ Flounder And Vegetables (serves 4)

BBQ

1 tbsp vegetable oil	2 green onions, chopped
2 small bamboo shoots, diced	1 fresh chopped ginger
1 tbsp lemon rind	1 1/4 cups hot chicken stock
2 tbsp honey	2 tbsp tomato paste
3 tbsp wine vinegar	1 tbsp cornstarch
3 tbsp cold water	4 flounder filets
salt and pepper	1 small carrot, pared and thinly sliced

Preheat barbecue at HIGH.

Heat oil in saucepan. Cook onions, bamboo shoots, ginger, carrot and lemon rind 1 minute. Season well and add chicken stock, honey, tomato paste and vinegar; bring to boil. Continue cooking 2 to 3 minutes.

Mix cornstarch with water; stir into sauce and cook 1 minute. Spread mixture over fish and place on hot grill. Partially cover and cook 3 to 4 minutes each side according to taste.

Approx. per serving: 224 Calories; 20 Carbohydrates; 26g Protein; 5g Fat; .6g Fiber.

Margaret Stephens

§ Lobster Tails

(serves 4)

BBQ

4 lobster tails (small if available)	8 large shrimp, shelled
8 large scallops	4 tbsp (60 ml) melted butter
1 tbsp (15 ml) lemon juice	1 tbsp (15 ml) soya sauce
1 garlic clove, smashed and chopped	
salt and pepper	

Preheat barbecue at HIGH.

Remove shells from lobster tails, discard and place meat in bowl; add remaining ingredients and set aside 15 minutes.

Thread ingredients on skewers in the following order; shrimp, scallop, lobster, scallop and shrimp. Repeat until full.

Place skewers on hot grill. Cook 4 minutes each side depending on size of lobster tails. Baste and season.

Approx. per serving: 413 Calories; 4 g Carbohydrates; 36g Protein; 14g Fat; trace Fiber.

Margaret Stephens

§ Halibut Steaks (serves 4)

BBQ

1 tsp lemon juice	1/2 teriyaki sauce
1/4 tsp paprika	4 halibut steaks
salt and pepper	

Preheat barbecue at HIGH. Mix oil, lemon, teriyaki and paprika together; season to taste. Brush mixture over fish and set steaks on hot grill. Cook 10 minutes turning once or twice. Baste occasionally.

Approx. per serving: 186 Calories; trace Carbohydrates; 26g Protein; 8g Fat; --g Fiber.

Margaret Stephens

§ Half Chicken Dinner (serves 2)

BBQ

3 lb (1.4 kg) chicken, cleaned and split in half

Marinade:

1/2 cup dry white wine	1/4 cup lemon juice
1 tsp tarragon	1 garlic clove, smashed and chopped
1/4 tsp paprika	1 tbsp fresh chopped ginger
2 tbsp oil	1 tbsp honey salt and pepper

Preheat barbecue at LOW.

Mix all marinade ingredients together and set aside.

Prepare chicken halves as described in technique, below.

Place chicken in large roasting pan and pour in marinade; refrigerate 30 minutes.

Place chicken halves (bone side down) on hot grill. Cover and cook 30 minutes. Baste and season occasionally but do not turn halves over.

Now place halves with breast side down on grill. Continue barbecuing covered for another 30 minutes. Baste occasionally and turn halves over often.

Chicken preparation technique:

1. Split chicken into two halves.
2. Use a small knife and make a hole in skin through flesh directly under the tip of the leg end. It should be big enough for your finger to fit.
3. Push chicken leg through hole. This will help chicken maintain its shape during barbecuing.
4. Marinate chicken in refrigerator for 30 minutes before cooking.

Approx. per serving: 1311 calories; 14g carbohydrates; 124g protein; 77g fat; trace fiber.

Margaret Stephens

§ Skillet Florentine

¶ Italian

This entree has a delectable sauce and serves well with rice, noodles or potatoes.

2 1/2 lbs of pick-of-the-chicken --- may use any other chicken pieces including skinless/boneless chicken
2 cans of cream of chicken soup 1 Tbsp parsley
1 Tbs lemon juice concentrate 3 chopped garlic nibs
1 can of evaporated milk

Fry chicken until browned, season with salt and pepper as desired. Mix all other ingredients and add to the chicken in the frying pan and simmer for 20 minutes.

Bob Turner

§ Un-Fried Chicken

Non Fat Yogurt skinned chicken
bread crumbs flour
Black Pepper Pam cooking spray
spices of your choice -- i.e. italian, cajun spices, old bay etc.

Marinate chicken pieces in yogurt about 30 minutes. Combine bread crumbs, flour, and spices. Dip chicken pieces in crumb mixture to coat completely and place in baking dish coated with Pam. After arranging all pieces in baking dish spray chicken pieces with Pam and bake at 375 for about 35 minutes or until chicken is cooked through and crispy.

Angie Kask

§ Chicken With Pretzels

chicken (8 pieces - skinless & boneless works best)
1 cup pretzel crumbs 1/2 cup soy sauce
1/4 cup flour 2 tablespoons lemon juice
salt 1 tablespoon oil
pepper garlic powder
paprika

Crush pretzels in blender. Mix (in a bowl or paper bag) pretzels, flour, salt, pepper, garlic powder, and paprika. In another bowl, combine soy sauce, lemon juice, and oil. Dip chicken pieces in liquid mixture, then roll around (or shake in paper bag) in dry mixture. Put chicken in shallow or flat pan lined with foil. Bake in oven at 375° for 1 hour. Turn over chicken after 30 minutes. Makes 8 chicken pieces.

Meryl K. Evans

§ Chinatown Chicken Simmer (Serves 4)

¶ Chinese

1 can (20oz) Dole pineapple slices	1 tbsp cornstarch
2 whole chicken breasts, split	1 tbsp vegetable oil
2 large cloves garlic, pressed	1 large onion, sliced
1tsp ground ginger	1/2 cup chicken broth
1/4 cup soy sauce	2 tbsp honey
1/2 tsp ground cinnamon	

Drain pineapple, reserve juice. Mix 1/4 cup juice with cornstarch. Brown chicken well in oil; sprinkle with salt, Add garlic, onion and ginger; saute. Mix remaining juice, with remaining ingredients; pour over chicken. Cover, simmer 30 minutes. Stir cornstarch mixture into pan juices. Cook until sauce boils. Add pineapple; heat through.

Cathie Mott from Dole Pineapple can.

§ Franks & Potatoes Casserole (Serves 4)

(Children's Favorite)

3 medium potatoes	1 can cream of mushroom soup
1/3 c. milk	(10 3/4 oz)
1/4 t. pepper	1/4 t. dried leaf thyme
4 beef franks	2 c. frozen peas
3 T. potato chips or cornflakes	

Bake potatoes for 10 minutes in the microwave on high; let cool. Peel & slice 1/4-inch thick; reserve. Prepare sauce: in a 2-cup measure, whisk together mushroom soup and milk. Stir in pepper and thyme. Microwave, uncovered, on high 2 minutes or until slightly hot & starting to bubble, stirring once. Slice beef franks; place half the slices in bottom of a 2-quart casserole. Add 1/2 frozen peas, 1/2 cup reserve potatoes and 1/2 cup sauce. Repeat layers, ending with sauce. Top with crumbled potato chips or cornflakes. Microwave, uncovered, on high for 6 minutes.

Meryl K. Evans

§ Peachy Pork Picante (Serves 4)

¶ Mexican

1 lb. pork, cut into 3/4" cubes	1 tblsp. taco seasoning mix
2 tsp. vegetable oil	1 8-oz bottle chunky-style salsa
1/3 cup peach preserves	

Coat pork with taco seasoning. Heat oil in large nonstick skillet over medium heat; add pork and cook to brown, stirring occasionally. Add salsa and preserves to pan, lower heat, cover and simmer for 15-20 minutes. Serve on bed of rice.

Approx. per serving: Calories 263; Fat 10 grams; Cholesterol 66 mg.

Tanya Yiasemides

§ Italian Shells

(Serves 8)



2 c (8 oz) shredded mozzarella cheese
10 oz pkg. chopped spinach, thawed, well drained
10 oz pkg. sweet corn, thawed, drained
1 container (15 oz) ricotta cheese
1 egg
large pasta shells
1 can (14 1/4 oz) Italian-style stewed tomatoes, chopped, drained
1 can (8 oz) tomato sauce
1 t dried basil leaves
1/4 c. shredded Parmesan cheese

★Heat oven to 375°F. ★Cook pasta shells according to package directions. Mix 1 cup mozzarella cheese, spinach, corn, ricotta and egg. Fill shells with mixture. Arrange shells in greased 13 x 9-inch baking dish. ★Mix tomatoes, tomato sauce and basil, spoon over filled shells. Sprinkle with remaining mozzarella and Parmesan cheese. Bake 30 minutes. Garnish with fresh basil & tomato slices. Makes 8 servings.

Prep time: 20 minutes

Cooking time: 30 minutes

Meryl K. Evans

§ Lasagna



2-8 oz. cans of tomato puree
1 t. salt
pinch of oregano
pinch of sugar
lasagna noodles
mozzarella cheese

2 t. oil
1 t. pepper
dash of Italian seasoning
garlic powder to taste
parmesan cheese

In a saucepan, stir in tomato puree, oil, salt, pepper, oregano, Italian seasoning, sugar, and garlic. Cover the pan to prevent splattering. Heat the sauce on low for 10-15 minutes, stirring occasionally. Boil noodles according to directions. In a 9 x 13" pan, put in noodles. Pour sufficient amount of sauce. Sprinkle parmesan cheese and mozzarella cheese. Continue until you use up sauce & noodles or when you have enough. Preheat oven to 375° and cook lasagna for 20-25 minutes.

*If cooking with meat, use 1/2 lb. of meat. Brown meat in skillet then cook it in the sauce.

Meryl K. Evans

§ Capri (Eggplant) Sandwich

2 t. white wine vinegar
1 (1-pound) loaf French bread
1 clove garlic, halved
4 ($\frac{1}{4}$ " thick) slices onion
Vegetable cooking spray
1 T. chopped kalamata olives

8 ($\frac{1}{4}$ " thick slices unpeeled
tomato (about 2 medium)
1 (1-pound) unpeeled eggplant,
cut crosswise into $\frac{1}{2}$ " slices
2 T. chopped fresh basil
1 (1-oz.) slices provolone
cheese, halved

★Drizzle vinegar over tomato slices, and set aside. ★Slice bread in half lengthwise; place, cut side up, on a baking sheet. Broil 3 inches from heat 30 seconds or until lightly browned. Rub garlic on cut sides of bread halves; discard garlic. ★Arrange eggplant & onion slices in a single layer on a baking sheet coated with cooking spray; lightly coat eggplant & onion with cooking spray. Broil 3" from heat 5 minutes; turn slices over, and broil an additional 5 minutes or until lightly browned. ★Arrange eggplant & tomato on bottom half of bread. Top with basil & olives, & set aside. Arrange onion slices & provolone cheese on cut side of top half of bread, & broil 3" from heat from 30 seconds or until the cheese melts. Place on top of bottom half. To serve, cut loaf into 5 equal pieces. 5 servings.

Meryl K. Evans

§ Easy Basic Spaghetti Meat Sauce

¶ Italian

This is a really fast but good spaghetti sauce recipe.

Note: My husband is a real hamburger lover. I reduce our fat intake on this recipe by washing the ground beef after I have browned and drained it. By washing the ground beef, I remove most of the fat. This was recommended to me by a medical dietitian and it works wonders and the meat still tastes good. Just put the cooked ground beef into a colander and run hot water over it. Sometimes I use ground turkey or lean ground beef 90% fat free.

1 Jar of Ragu Spaghetti Sauce	1 tbsps garlic powder or 1 clove fresh crushed garlic
1 -1 1/2 lb ground beef or turkey	1 Bay Leaf
1/2 tsp oregano	1 can of tomato paste (thickens sauce)

Pour Ragu, and all ingredients except beef into sauce pan and simmer. Brown the ground beef in fry pan. Wash ground beef. Put ground beef into the spaghetti sauce mixture and continue to simmer for 10 -15 minutes.

Cathie Mott

§ Spicy Chicken Legs (serves 4)

BBQ

4 chicken legs	1/2 cup (125 ml) catsup
1/4 cup (50 ml) wine vinegar	1/4 tsp (1 ml) Tabasco sauce
1/2 cup (125 ml) clam/tomato juice	2 garlic cloves, smashed and chopped
1/4 tsp cumin	1/4 tsp (1 ml) curry powder
1/2 tsp (2ml) fines herbes	salt and pepper
paprika	

Preheat barbecue at HIGH.

Lightly slash chicken legs across top with knife so that basting sauce will be able to soak into meat. Season with paprika and set aside. Place catsup, vinegar, tabasco and clam/tomato juice in bowl. Add garlic and seasonings; mix well with whisk.

Place chicken on hot grill and baste with tomato mixtire. Begin cooking legs on hot grill for 5 minutes. Turn legs over; continue cooking 10 minutes. Turn once and baste several times; season. Turn chicken over; finish barbecuing about 27 minutes (depending on size) at LOW. Be sure to cover this time; baste often and turn legs every, 4 to 5 minutes.

Approx. per serving: 282 Calories; 11 g Carbohydrates; 49g Protein; 15g Fat; trace Fiber.

Margaret Stephens

§ Crab Quiche (Serves 6)

1 9 in pastry shell
1 7 1/2 oz pkg frozen crab
1 8 oz pkg swiss cheese grated (Monterey Jack is a refreshing substitute)
1/2 cup mayonaise or salad dressing
2 Tbsp flour
2 eggs beaten
1/2 cup milk

Place crab meat, cheese and onions in pie shell. Mix remaining ingredients and pour into pie shell. Bake at 350 for 40 minutes

Margaret Powell

§ Just Plain Meatloaf -- That's Not So Plain

Note: This is a really great meatloaf. It is so moist you, you can serve it without any gravy or catsup. Don't be fooled by the rice crispies. It is the surprize ingredient that really makes it. I use 3 eggs because it is a little more moist and 3 tbsp of worstershire because I like the flavor but you can tone it down if you wish. My husband who is a hamburger connoisseur absolutely loves this dish.

1 - 1 1/2 lb ground beef	3 cups rice crispies
2 or 3 eggs	1/4 cup milk or apple juice
1/4 cup chopped onion	1/4 cup chopped bell pepper
1 celery stalk chopped (optional)	1 cup catsup and/or italian spaghetti sauce
1/2 tsp salt	1/4 tsp pepper
1/2 tsp thyme	2 or 3 tbsp worstershire sauce
2 tbsp parsley snipped	1 cup grated cheddar cheese or 4 slices of cheddar cheese (You may want to use swiss cheese on occasion).

In a mixing bowl combine eggs, worstershire sauce, thyme, parsley, salt, pepper. Mix in rice crispies. Add milk. Let it sit and snap, crackle, pop for 5 minutes. Break up ground beef and gradually add. Mix the ground beef with the mixture with your clean hands. Mix in chopped bell pepper, onions and celery. Shape meat mixture in shape of loaf or football. With the side of your hand make a deep groove in the top of the loaf. Tuck the cheese into the groove, and squeeze the sides of the loaf to close the groove. The cheese will melt inside the loaf. Poke wholes along top and side of loaf with your index finger. Make wholes about 1 - 2 inches deep. Fill the wholes and top of the groove with the catsup and italian spaghetti sauce.

Bake at 350 degree for 1 hour. Note: I sometimes like to split the mixture into two small loafs and freeze one loaf. If I do this, I do not add the cheese as it does not freeze well.. If you make two loafs bake at 350 degrees for 30 to 35 minutes.

Cathie Mott

NOTES: _____

Elephant Stew

Chop 1 medium elephant, flour and brown in large skillet. Add 350 lb. carrots and 500 gallons water, bring to a boil and simmer until tender. Will serve 500. If you're expecting more, add a rabbit to stretch, but not too much - some people don't like hare in their stew.

Pat McLaughlin

Papillots of Chicken with Pecan-Mustard Sauce

2 T. butter	
3 small carrots, cut in 1/4 x 2" sticks	
2 zucchini, cut in 1/4 x 2" sticks	
9 scallions, white part only, quartered lengthwise	
4 T. vermouth	
1/2 c. pecans, chopped and lightly toasted	
1 garlic clove, minced	2/3 c. chicken broth
2 T. heavy cream or half and half	1 1/2 T. dijon mustard
4 boneless chicken breasts, boned and skinned	parchments

Heat 1 T. butter in medium saucepan. Saute 2 minutes until tender-crisp: carrots, zucchini and 6 of the scallions. Stir in 2 T. vermouth and boil until liquid evaporates. Remove and sprinkle with half the pecans. Heat 1 T. butter. Saute garlic and the remaining scallions until garlic is golden. Add remaining vermouth. Cook until reduced by half. Stir in broth and simmer til 1/4 cup remains (3-5 minutes). Add remaining pecans, cream and mustard. Boil 30 seconds. Remove salt and pepper to taste. Cut 12" x 24" parchments (or sheets of aluminum foil), fold lengthwise, cut into a heart shape. Put veggies on left, leaving a 1/2" border. Top with chicken and cover with sauce. Coat right side of parchment with oil. Fold loosely and seal - reinforce with foil. Cook 20 minutes in 450 degree oven. Slit paper and serve.

Valerie Nichols

Chicken Adobo

1 c. vinegar	3 chopped garlic cloves
1/2 t. freshly ground pepper	2 bay leaves
1/4 c. soy sauce	3 lbs. chicken
1/4 c. water	

Wash chicken. Boil in a pot with vinegar, bay leaves, pepper, and garlic. Add soy sauce and water. Simmer until done. Season with more soy sauce or pepper according to taste.

Tanya Yiasemides

Veal Paprikash

2 lb. veal	2 T. shortening
1/4 c. onion flakes	3 T. water
1 T. paprika	1 1/4 t. salt
1/16 t. ground red pepper	1 c. canned tomatoes
1/2 c. beef stock or water	1/2 c. sour cream

Soak onion flakes in water. Cut veal into 1" pieces and brown in shortening. Add onion. Stir and cook 2-3 minutes. Add next 5 ingredients. Cover and cook 1 hour or until veal is tender. Stir in sour cream just before serving. Heat, but don't boil. Serve over hot rice. Serves 6.

Ellie O'Sullivan

Veggie Pie

1 green pepper	5 carrots, sliced
1 large cabbage*	2 medium onions
6 small red potatoes	small bunch celery
broccoli*	1 lb. stringbeans*
cauliflower*	1 large can tomato sauce
2 medium yellow squash*	1 large can stewed tomatoes
2 medium zucchini squash*	large container ricotta cheese
mushrooms, fresh or canned	pepper, white and black
mozzarella cheese	red pepper
cheddar cheese	brown sugar or honey
salt	

Par-boil asterisked veggies (*). Cook potatoes until almost done. Drain all veggies well. In a large bowl, mix stewed tomatoes and tomato sauce. Add red; black, and white pepper. Add 2 T. brown sugar or honey. Taste sauce after mixing and add more seasonings to taste. In a medium to large baking pan, layer cabbage, potatoes, broccoli, cauliflower, carrots, stringbeans, sliced green pepper, sliced onion, mushrooms, and celery. Pour on sauce; spread ricotta over sauce; sprinkle cheddar and mozzarella over top. REPEAT FIRST STEP. Top with sauce, spread on ricotta and cheddar cheese (in that order). Bake in preheated 375 degree oven til cheese is brown (about 45 minutes).

Vincent Roots

Pretzel Chicken

1 c. pretzel crumbs
salt and pepper
1/2 c. soy sauce
1 T. oil

1/4 c. flour
garlic powder & paprika to taste
2 T. lemon juice
8 pieces chicken (if boneless, use 2 lb.)

Preheat oven to 375 degrees.

Crush pretzels in blender to make crumbs. Mix with flour and dry seasonings in a bowl or paper bag. Combine soy sauce, lemon juice, and oil in a bowl. Dip chicken in liquid, shake or roll in pretzel mixture, and place in shallow pan lined with foil. Bake for 30 minutes. Turn chicken and bake for an additional 30 minutes. Recipe can be cut in half for 4 chicken pieces.

Meryl K. Evans

Spicy Cashew Stir-Fry

3 chicken breast halves, skinned and boned
2 T. vegetable oil
6-8 whole red chili peppers
1 small zucchini, thinly sliced
1 T. dry sherry
1/2 c. unsalted roasted cashews

2 t. minced fresh ginger root
1 small onion, thinly sliced
2 T. chicken broth or water
3 T. Kikkoman Stir-Fry Sauce

Cut chicken into thin slices. Place wok or large skillet over high heat until hot. Add oil, swirling to coat sides of pan. Add ginger and chili peppers; cook and stir until fragrant. Add chicken and stir-fry 3 minutes. Add onion, zucchini, broth, sherry, and stir-fry sauce; cover and cook 1 minute or until vegetables are tender-crisp. Stir in cashews. Serve immediately.

Merry Creamer

Chicken Spezzatino - a Sicilian recipe handed down by word of mouth in my family

4 chicken breasts
2-3 cloves of garlic, chopped
pepper

1 bunch of parsley, chopped
olive oil
water

In a Dutch oven, brown chicken breasts in oil. Add garlic, pepper, parsley and water to partially cover. Bring to a boil and simmer, covered, for about 1/2 hour or until cooked. Amount of water can be increased or decreased for correct consistency. Meanwhile, prepare 1 lb. of linguini according to instructions on package. Use liquid from cooled chicken as sauce for linguini. Some wine may be used as part of the broth.

Anita Sciacca

Chicken Satays with Peanut Dipping Sauce

Satays:

1/4 c. soy sauce	1/4 c. lemon juice
2 T. vegetable oil	1 T. sugar
2 lbs. skinless, boneless chicken breasts, cut into 1/2" cubes	

Peanut Dipping Sauce:

2 garlic cloves	2 shallots
2 T. lime juice	1 T. brown sugar
1/2 T. ground coriander	
1/4 T. crushed hot red pepper or dash of hot pepper sauce	
3/4 c. peanut butter	3/4 c. cream of coconut milk

In a medium-sized bowl, combine soy sauce, lemon juice, oil and sugar. Add chicken cubes. Let marinate at room temperature, tossing occasionally for 30 minutes.

Meanwhile, in a food processor, combine garlic, shallots, lime juice, brown sugar, coriander, and hot pepper. Process until garlic and shallots are finely chopped. Add peanut butter and coconut milk. Process until smooth.

Thread chicken on 10" wood picks or skewers. Grill over direct medium-high heat for 10 minutes, until tender and opaque. Baste with peanut butter sauce. Serve remaining sauce for dipping.

Serve as an appetizer or an unusual main course for a barbecue. The same recipe works just as well with chicken livers, beef and pork, though cooking times will vary.

Steve Perin

Chicken in Wine and Mushroom Sauce

3-4 skinned, boned chicken breasts, halved	1 c. sour cream
1 can cream of mushroom soup	1/2 soup can sherry
1 c. grated cheddar cheese	

Mix the liquid ingredients together. Arrange breasts in shallow pan and top with liquid. Sprinkle cheese over the top and bake 1 to 1 1/2 hours in a 350 degree oven. If more sauce is desired, add more sour cream.

Ellie O'Sullivan

Gene's San Francisco Style Burritos

3/4 lb. ground beef	1 large potato
3 carrots	1 bell pepper
1 bunch green onions	1 cubano pepper
1 jalapeno pepper	1 packet of taco seasoning
3 medium tomatoes	1 bottle salsa
1 pkg. large tortillas (10-12 inch diameter)	1 lb. New York sharp cheddar cheese
1 bottle pickled jalapenos slices (opt.)	

Dice the potato, carrots, onions, and peppers. Slice the tomatoes into small pieces. In a 12 inch skillet, brown the ground beef over low to medium heat. Drain the excess beef fat and return the beef to the skillet. Add the taco seasoning and 1 cup of water. Stir in the diced potatoes and carrots. Simmer for 5 minutes. Stir in the diced peppers, onions, and sliced tomatoes. Continue simmering over low heat, stirring occasionally, until all vegetables are tender (about 25 minutes). Add salt and pepper to suit your taste. Shred the cheddar cheese. To assemble: steam a tortilla until warm. Lay flat on a plate. Lay a bed of shredded cheese in the center. If you like it hot and spicy, add pickled jalapeno slices on the cheese. Scoop about 3/4 c. of burrito mixings from the skillet onto the bed of cheese. Fold the tortilla squarely around the filling. If you like salsa, several spoonfuls over the burrito are good. Serve with a cold beverage of your choice and enjoy!

Eugene Rainwater

Texas Fajitas

1-2 lbs. skirt steak	fajita seasoning
1/4 c. soy sauce	2 T. Worcestershire sauce
1/4 c. wine or wine vinegar, or 2 T. white vinegar	

Sprinkle both sides of skirt steak with fajita seasoning and place in a plastic container for refrigeration. In a bowl, mix vinegar, soy sauce, and Worcestershire sauce. Pour mixture into container with steak. Marinate for at least an hour (up to 12 hours) in the refrigerator. Broil steak over charcoal or under the broiler until meat is done to your preference. Slice into strips.

Optional: Saute in hot skillet: sliced onions, green peppers, and 1 t. oil. Add to meat and serve.

Meryl K. Evans

Quick Corned Beef Hash Casserole

2 cans of corned beef hash	1 c. diced cheddar cheese
1/2 c. chopped onion	1/2 c. chopped green pepper
1/2 c. parsley	paprika and black pepper

Preheat oven to 350 degrees. Saute onion and green pepper. Place corned beef hash in mixing bowl; toss gently with fork to break up. Add 1/2 c. cheese and remaining ingredients; toss gently. Turn into ungreased casserole; sprinkle paprika generously over top. Cook approximately 20-30 minutes. Top with remaining cheese and cook til melted.

Girtha Burks

Ricotta-stuffed Chicken Breasts

2 c. ricotta cheese	1/2 c. grated parmesan cheese
1/2 c. grated swiss cheese	1 egg
10 oz. frozen spinach - thawed, drained, and squeezed dry	
2 minced garlic cloves	1/2 t. salt
1/4 t. freshly ground pepper	4 boned chicken breast halves

Preheat over to 350 degrees. Combine first eight ingredients in bowl and mix thoroughly. Rinse chicken and pat dry. Pound slightly to even thickness. Carefully separate skin from chicken using fingers or small paring knife, leaving skin attached on one long side to form a pocket. Divide stuffing evenly among pockets, patting gently to distribute evenly. Secure with toothpicks. Arrange skin side up in baking dish. Dot with butter. Bake until juices run clear when pierced with fork, basting with drippings every 10 minutes. Should cook for about 30 to 35 minutes.

Christine Krithades

Oriental Shrimp and Pasta

1 green bell pepper	1 red bell pepper
2 medium carrots	1 1/2 c. broccoli florets
1 small bunch green onions	1/2 c. bean sprouts
1/2 c. unsalted cashew halves	1 c. water chestnuts
1 lb. small shrimp	1 box very thin spaghetti
2 cloves or 1/2 t. garlic	salt to taste
pepper (red and black) to taste	soy sauce to taste
1/2 c. sesame oil	1/2 c. vegetable oil

Cook shrimp. Cook spaghetti to taste. Slice peppers into strips. Peel and slice carrots. Chop onion. In a wok or large frying pan, pour in vegetable oil and heat. If using fresh garlic, add to oil. When oil is hot, add all veggies and saute for 5-7 minutes. Reduce heat, add remaining ingredients. This dish may be served cold or hot. Serves 4-6.

Vincent Roots

NOTES: _____

DESSERTS

§ Apple Bundles

2 Large apples	1 can (8 oz) refrigerated crescent rolls.
1 medium orange	2 Tbsp butter or margarine, melted
1/2 cup sugar	1 tsp cinnamon

Preheat oven to 375 degrees F. Zest 1 orange rind and set aside. Cut orange in half and squeeze juice from both halves directly into the Deep Dish Baker. Cut apples into 1/4 inch wedges. Unroll dough; separate into 8 triangles. Cut each in half to make 16 triangle strips. Place 3-4 apple slices at the wide end of each strip and roll up. arrange bundles in Deep Dish Baker. Drizzle bundles with melted butter or margarine. Mix zest, sugar and cinnamon; spoon over bundles. Bake 25 30 minutes or until golden brown. Serve warm plain or with whipped cream or ice cream.

Cathie Mott

§ Birthday Bananas

3 tbsp butter	1/4 cup brown sugar
1/2 cup rum	4 medium-sized ripe but firm bananas
juice of one lemon	* Use as all you want of Good quality vanilla ice cream

Melt butter in a skillet (an attractive one makes a better ultimate presentation). Stir in brown sugar, lemon juice and cinnamon and cook over medium heat, stirring, about 1 minute. Halve bananas and cook briefly on both sides until slightly tender, basting with sauce. Remove from heat. Add rum (at tableside, if desired) and ignite. When the flames die, serve over vanilla ice cream.

Karen Davis

§ Homemade Heathbars

KIDS Faves

2 sticks of butter (no substitutions)	1 cup brown sugar
40 Premium Saltines	1 12 oz package Milk chocolate chips

Preheat oven to 300 degrees. Cover standard size cookie sheet with foil; Spray foil with pam. Lay saltines on cookie sheet; Cover cookie sheet totally with crackers. In heavy saucepan, melt butter. Add sugar; stir until sugar dissolves; Pour sugar mixture over saltines; Sprinkle chocolate chip over sugar mix. Bake 15 - 20 minutes. Gently spread melted chocolate with spatula. Refrigerate immediately. When cool break into pieces of all shapes and sizes.

Peggy Stephens

§ Raimey's Low-Calorie/Sugar Free Cherry Tarts (Makes 10 servings)

Tart shells:

2 c. flour

1 t. salt

2/3 c. vegetable shortening

1/4 c. ice water

Cherry filling:

3 c. dark cherries, frozen

unsweetened, thawed

6 T. water

1 1/2 T. cornstarch

8 packets aspartame sweetener

Tart shells: Combine flour & salt. Cut in shortening until mixture resembles course crumbs. Add water, mix just until blended. Roll out on lightly floured surface to 1/8-inch thickness. Cut into 10 4-inch rounds. Place pastry rounds over inverted muffin cups & mold. Bake in 375° oven 15 minutes or until golden brown. Turn out to cool.

Tart filling: Combine cherries and 4 T. of water in saucepan. Stir to blend, bring to a simmer. Combine cornstarch with remaining 2 T. water & add to cherries, stirring constantly. Continue to cook until thickened, about 2 to 3 minutes. Remove from heat, stir in sweetener. Cool. Fill shells with 1/4 cup filling each; chill until set, about 1 hour. Makes 10 servings, 1 tart per serving. Calories: 241.

Meryl Evans

§ Chocolate-Coconut Clouds (This is a low fat/calorie recipe)

4 large egg whites

1/2 t. salt

3/4 c. granulated sugar

1/2 c. sweetened flakened coconut

1/3 c. unsweetened cocoa powder

Heat oven to 300°F. Cover two large cookie sheets with foil; spray foil with nonstick vegetable spray. In large bowl with electric mixer at high speed, beat egg whites and salt until foamy; beat in sugar, 1 T. at a time until stiff, glossy peaks form. Setting aside 1/3 c. coconut, in small bowl combine remaining coconut and cocoa powder; gently but thoroughly fold in egg whites. Drop mixture by heaping teaspoonfuls onto prepared cookie sheets; sprinkle with remaining coconut. Bake 10 minutes; reduce oven temperature to 250°F; bake 35 minutes longer until cookies are firm and dry to the touch (see note). Remove carefully to wire racks to cool; store in airtight container in freezer. Makes about 40 cookies. They are very good without coconut as well.

Per cookie: 22 calories, 1 gram protein, 0 grams fat, 5 grams carbs.

Note: If desired, cookies may be made by overnight method as follows: Heat oven to 350°F. Prepared cookie batter and drop onto prepared cookie sheets as directed. Place cookie sheets in oven; close door. Turn oven off; do not open door. Leave cookies in oven at least overnight. Remove from foil and store as directed.

Meryl Evans

§ Karen's Yomtov Honey Cake

PJ Jewish

2 eggs	3/4 c. honey
1 c. sugar	1/2 c. vegetable oil
2 c. flour	1 t. baking soda
1 t. baking powder	2 t. cocoa
1 c. coffee	

Beat together in large bowl: eggs, honey, sugar, and vegetable oil. Mix together in small bowl: flour, baking soda, baking powder, and cocoa. Add flour mixture and coffee to honey mixture. Beat until just smooth. Bake in greased pan (9" square or large loaf) at 350° for 30-40 minutes.

Meryl Evans

§ Fruit Parfaits

Mango

various sliced fruits or berries

1/4 cup orange juice

Mango Puree

to make Mango Puree place the slices of 1 large Mango in blender, add 1/4 cup of orange juice and puree. Consistency should be thick, like pudding.

Layer Mango Puree and fruits in balloon shaped wine glasses or parfait glasses. Refrigerate for several hours and top with sweetened whipped cream before serving.

Angie Kask

§ Orange Jello

3 oz orange jello	8 oz carton cottage cheese (drained) small curd
11 oz mandarin oranges (drained)	8 oz crushed pineapple (drained)
4 1/2 oz small carton cool whip	

Combine dry jello and cottage cheese. Add oranges and pineapple. blend in cool whip with spatula. Mix until starting to jell. Chill for at least 2 hours or overnight.

Cathie Mott

§ Indian Pudding

¶ 1st American

This is a Wampanoag Indian recipe from my tribe on Cape Cod:

3 cups milk	1/2 tsp. cinnamon
1/3 cup cornmeal	1 Tbsp. molasses
1/4 cup sugar	1/2 cup raisins
1/2 tsp. salt	

Scald the milk. Combine cornmeal w/sugar, salt and cinnamon; pour scalding milk over the dry ingredients and stir well. Mix in molasses and raisins and pour into buttered baking dish and bake in moderate oven (350 degrees) for 1 1/4 hrs stirring several times during baking. Serve hot or cold, plain or with milk or ice cream.

This recipe has been somewhat Europeanized; the original would probably have used honey in place of the sugar and molasses and anise or another natural spice in place of cinnamon. Cranberries or other berries can be substituted for raisins.

*John "Watchful One" Ogden
Mashpee Wampanoag*

§ Peanut Butter Cookies

KIDS Faves

Here's a simple one for very peanut buttery Peanut Butter Cookies!

1 c. peanut butter (smooth or chunky!)
1 c. sugar
1 egg
1 tsp. vanilla
pinch of salt (optional)

Mix all ingredients and drop by teaspoon onto ungreased cookie sheet. Bake in preheated 350 oven for about 10 minutes (since oven temperatures vary, watch 'em!). Cool slightly and remove from cookie sheet to cooling rack. About 90 calories per cookie (I figured it out!) and who-knows-how many grams of fat.

John McDaniel

§ Sunburst Pound Cake

I love this recipe. I make it every Christmas and my family loves it.

3 sticks butter	8 eggs
4 1/2 ozs cream cheese	3 cups sifted flour
2 1/4 cups sugar	3/4 tsp double acting baking powder

Cream butter, cream cheese and sugar together. Add eggs one at a time, beating one minute after each egg. Add flour and baking powder last. Blend 2 1/2 minutes well. Pour into well buttered 9" tube pan or large loaf pan. Bake in 350 degree oven for 35 minutes, then lower to 300 degrees for 40 minutes.

350 degrees for 35 min in 9" tube pan or 300 degrees for 40 min in a large loaf pan

Margaret Powell

§ Blueberry Coffee Cake (6 servings)

1 pkg Duncan Hines Blueberry Muffin Mix	1/2 cup water
2 tbsp cooking oil	1/3 cup brown sugar
1 egg	1 teaspoon cinnamon

Preheat oven to 350 degrees. Empty blueberries into strainer. Wash under cold running water. Set aside to drain.

Pour oil into one 8" or 9" square or round pan; tilt pan to cover bottom. Put muffin mix, egg and water into pan; stir with a fork until blended (about 1 minute). Sprinkle drained blueberries, brown sugar and cinnamon over batter; use a fork to fold into batter just enough to create a marbled effect. Scrape sides and spread batter; evenly in pan.

Bake at 350 degrees for 25 to 35 minutes, until coffee cake tests done with toothpick. Use a knife to loosen cake from sides, cut and serve directly from pan.

Margaret Powell

§ Pumpkin Pie

1 1/2 cups fat-free cookies, ground into fine crumbs	3 egg whites, lightly beaten
1 16 oz can solid pack pumpkin	1/2 cup maple syrup
1 1/4 tsp cinnamon	1/4 tsp ground ginger
1/4 tsp ground cloves	dash nutmeg
1 1/2 cups (12-fluid oz can) evaporated skim milk	1 tbs arrowroot

Preheat oven to 425 degrees F. Use a 10" glass pie pan for crust; moisten fingers with water and press cookie crumbs over bottom and no more than half way up sides of pie pan (to prevent over-browning). Chill while preparing remaining ingredients. Combine egg whites, pumpkin, maple syrup, spices, arrowroot and evaporated milk in a large bowl, and mix until well blended. Pour mixture into prepared pie pan and smooth top with spatula. Bake at 425 degrees F for 15 mins., reduce temperature to 325 F and bake an additional 40-50 mins. or until knife inserted near center comes out clean. Serve warm or at room temperature.

Yields 8 Servings

Calories: 176 Fat: .2 g Percentage of Calories from Fat: 1%
Cholesterol: 0 mg Sodium: 31 mg Dietary Fiber: 2.3 g

Katie Stephens

§ Carrot "Cake"

32 oz carton plain nonfat yogurt	1 1/2 cups fat-free cookies, ground into fine crumbs
2 1/2 cups sliced, peeled carrots	1/2 cup honey
2 tsp vanilla	3 tbs arrowroot
2 tsp cinnamon	1/2 tsp ginger
1/4 tsp allspice	1/2 tsp orange extract
5 egg whites	1/4 cup fruit juice sweetened orange marmalade

Preheat oven to 325 degrees F. Moisten fingers with water and press cookie crumbs over bottom of 8" springform pan. Chill while preparing remaining ingredients. Steam carrots until tender (about 15 mins.) and drain. Puree in a food processor or food mill and set aside. Beat together yogurt cheese*, honey, vanilla, arrowroot, spices and orange extract until well blended. Fold in carrots. In a separate bowl, beat egg whites until foamy. Fold egg whites into cheese mixture and mix until well blended. Pour into prepared pan, smooth top with spatula. Bake at 325 degrees F for 55 minutes, or until center is set and surface is lightly browned. Remove from oven and cool to room temperature. Spread preserves over top of cake; refrigerate until thoroughly chilled.

Yields 8 servings. Calories: 189 Fat: .2 g Percentage of Calories from Fat: 1%
Cholesterol: 1 mg Sodium: 132 mg Dietary Fiber: 3.1 g

Katie Stephens

§ Creamy New York Cheesecake

2 32 oz cartons plain nonfat yogurt
6 1/4 oz box Health Valley Fat-Free Date Delight Cookies, ground into fine
crumbs, about 1 1/2 cups
1 cup honey
2 tsp vanilla
5 tbs arrowroot
5 egg whites

Preheat oven to 300 degrees F. Moisten fingers with water and press cookie crumbs over bottom and slightly up sides of 9 or 10" springform pan. Chill while preparing remaining ingredients. With a rotary beater or hand mixer, beat yogurt cheese*, honey, vanilla, arrowroot and egg whites until thoroughly blended. Pour filling into crumb lined pan. Bake at 300 degrees F for 60-75 minutes, until center is set and surface is lightly browned. Remove from oven, cool to room temperature; refrigerate several hours until thoroughly chilled.

Yields 12 Servings

Calories: 214 Fat: .3 g Percentage of Calories from Fat: 1% Cholesterol: 2.7 mg
Sodium: 156 mg Dietary Fiber: 1.3 g

Katie Stephens

Double Good Blueberry Pie

Baked 9" pie shell
3/4 c. sugar
3 T. cornstarch
1/8 t. salt
1/4 c. water

4 c. blueberries
1 T. butter or margarine
1 T. lemon juice
whipped cream (opt.)

Combine sugar, cornstarch and salt in saucepan. Add water and 2 cups of berries. Cook over medium heat, stirring constantly until mixture comes to a boil and is thickened and clear (it will be very thick). Remove from heat, stir in butter and lemon and cool. Place remaining raw berries in pie shell, top with cooled, cooked berry mixture and chill. Serve garnished with whipped cream, if desired.

Steve Perin

Easy Chocolate Pie

4 oz. Baker's German Sweet Chocolate
2 T. sugar
1 8-oz. container non-dairy kool whip (thawed)
1 graham cracker pie crust

1/3 c. milk
3 oz. cream cheese

Heat chocolate and 2 T. of milk, remove from heat. Combine sugar, cream cheese and remainder of milk with chocolate mixture. Fold in kool whip and spoon into pie shell. Freeze for about 4 hours. Garnish with chocolate curls, if desired.

Barbara Hall

Jello Pie

1 small package of peach or raspberry jello
1 large can of peaches or fruit cocktail
1 graham cracker crumb pie shell

16 oz. cool whip

Mix package of jello with 1/4 c. of boiling water until jello dissolves. Add approximately 2 c. of ice cubes, stir for about 1 minute, remove remaining ice cubes. Fold in cool whip. Drain can of fruit and add to jello mixture. Pour mixture into pie shell. Refrigerate until ready to serve.

G. J. Johnson

Pumpkin Bars

2 c. sugar	1 t. baking soda
1 c. oil	2 t. baking powder
2 c. pumpkin	2 c. flour
2 t. cinnamon	1/4 t. salt

Mix sugar and oil. Add pumpkin and dry ingredients. Pour into jellyroll or sheet cake pan. Bake at 350 degrees for 25 minutes. Cool and frost.

Frosting:

1 T. milk	3-4 oz. cream cheese
1 t. vanilla extract	3 oz. (6 T.) butter
	1 1/2 c. powdered sugar

Combine ingredients and beat well.

Sandee Lewis-Haskell

Pumpkin Flan

1 1/3 c. sugar	6 large eggs
2 c. canned pumpkin	3/4 t. salt
1/2 t. ginger	1/2 t. cinnamon
1/4 t. allspice	2 c. whipping cream

In small skillet, combine 2/3 c. sugar with 1/2 c. water; bring mixture to a boil. Cook the syrup, swirling skillet until it is a deep caramel. Pour into a 2-quart loaf pan, tilting the pan to coat the bottom evenly. While caramel is cooling, beat the eggs with the remaining 2/3 c. sugar, beat in the pumpkin, salt, spices, and cream. Pour custard in loaf pan. Set loaf pan in deep baking pan; add enough hot water to reach halfway up. Bake flan in 350 degree oven for 1 hour and 15 minutes or until tester inserted in the center comes out clean. Cool and chill flan overnight. Run thin knife around edge and invert flan onto platter. Serves 8-10.

Alison Davidow

Apple Crisp

4 c. tart apples (4 medium)	2/3-3/4 c. packed brown sugar
1/2 c. all purpose flour	1/2 c. oats
3/4 t. cinnamon	3/4 t. ground nutmeg
1/3 c. butter or margarine, softened	

Heat oven to 375 degrees. Arrange apples in greased 8 x 8 pan. Mix remaining ingredients; sprinkle over apples. Bake until topping is brown and apples are tender (approx. 30 minutes). Serve warm with vanilla ice cream. Makes 6 servings.

Lorna Smith

Apple Pumpkin Desserts

1 can apple filling or topping
1 14-oz. can condensed milk
1 t. ground cinnamon
1/2 t. salt
1 c. gingersnap crumbs (about 18 cookies)

1 can pumpkin (about 2 c.)
2 eggs
1/2 t. ground nutmeg
2 T. margarine or butter, melted

Heat oven to 400 degrees. Spoon apple filling into 8-10 custard cups. In large bowl, beat pumpkin, milk, eggs, cinnamon, nutmeg, and salt. Spoon over apple filling. Combine crumbs and margarine. Sprinkle over pumpkin. Place cups on 15 x 10 inch jellyroll pan. Bake 10 minutes. Reduce heat to 350 degrees. Bake 15 minutes or until set. Cool. Refrigerate leftovers.

Shirley Purnell-Rice

Apricot Prune Fruitcake

3/4 c. dried apricots
1 1/2 c. sugar
1/2 t. baking powder
3/4 c. pitted prunes
3/4 c. maraschino cherries
3 eggs

3/4 c. water
3/4 c. sifted flour
1/2 t. salt
3/4 c. pitted dates
3 c. walnut or pecan halves
1 t. vanilla

Simmer apricots in water for 5 minutes. Add 3/4 c. sugar and cook slowly for 10 minutes. Lift apricots from syrup with fork and drain. Reserve syrup for glaze. Resift flour with remaining 3/4 c. sugar, baking powder, and salt. Combine prunes, dates, cherries, nuts, and apricots; add sifted dry mixture and mix gently. Beat eggs and vanilla. Add to mixture and mix carefully. Turn into a buttered 9" square pan. Bake at 300 degrees about 1 1/2 hours or until set in the center. Cool in pan. When cold, turn out and brush with heated apricot syrup.

Alison Davidow

Carrot Cake

2 c. flour	4 eggs
2 c. sugar	1 1/2 c. oil
2 t. soda	
3 c. grated carrots (firmly packed measures)	
2 t. cinnamon	1/2 t. salt
1/2 c. nuts	1 t. vanilla

Mix sugar and oil; add sifted dry ingredients and carrots. Add eggs one at a time, beating well after each addition. Add nuts and vanilla and blend well. Bake at 375 degrees for approximately 40 minutes. Cool.

Icing

6 oz. cream cheese	1 stick butter or margarine
3 c. confectioner's sugar	2 t. vanilla

Cream the cream cheese and butter; add sugar vanilla. Top with chopped nuts, if desired.

Bob Skinner

Zucchini Cake

1 c. flour	1 t. baking powder
1/2 t. baking soda	1/4 t. salt
1 t. cinnamon	1/2 t. nutmeg
3/4 c. sugar	1/2 c. vegetable oil
2 eggs	1/2 c. All Bran cereal
1 1/2 t. grated orange peel	1 t. vanilla
1 c. grated zucchini	1/2 c. chopped nuts

Bake at 325 degrees for 35 minutes. Use a 1 1/2 qt. glass baking dish (10 x 6 x 2) or a 9 x 13 baking dish.

Icing: 1 3-oz. pkg. cream cheese
1/2 t. orange peel
Combine; add a little milk if needed.

1 T. butter
1 1/2 c. confectioner's sugar

Claudia Cross

Apricot Charlotte

First layer: 1 c. graham cracker crumbs
1/4 c. finely chopped walnuts 3 T. butter, melted

Second layer: 2 1/2 c. sifted confectioner's sugar 4 1/2 T. butter
1 egg

Third layer: 1 1/2 c. dried apricots 1/2 c. sugar

Fourth layer: 3/4 c. whipped cream
graham cracker crumbs or walnuts

Using a 9" springform pan, make a graham cracker crust out of the first layer ingredients. Mix sugar and butter for second layer until crumbly and beat in egg until white and fluffy. Pour into crust. Cook apricots in water until very tender and puree with sugar. Pour on top of second layer. Top with whipped cream and garnish with crumbs or walnuts.

Valerie Nichols

Lemon Loaf Cake

1 box Duncan Hines Yellow Cake Mix	1 pkg. lemon jello
3/4 c. Crisco oil	3/4 c. water
4 eggs	1 T. lemon extract

Mix all together in large bowl. Bake in a 350 degree oven 40 minutes or until cake leaves the sides of the pan. Glaze with 1 c. powdered sugar mixed with 3-4 T. lemon juice while cake is hot.

Audrey Knisley

Lovey's Better-Than-Sex Cake

1 box Duncan Hines Yellow Cake Mix	1 c. sugar
1 large can crushed pineapple (do not drain)	
1 large box vanilla pudding	1 large carton Cool Whip
1 c. pecans	1 c. coconut

Cook cake mix in sheet pan. Mix pineapple and sugar. Bring to a boil and pour over hot cake. Spread prepared pudding on top of pineapple. Combine Cool Whip, pecans, and coconut. Spread on top of pudding.

Vincent Roots

Seven Up Cake

5 eggs	2 sticks of butter
3 c. sifted flour	1/2 c. Crisco oil
1/4 t. salt (add only if using unsalted butter)	1-2 t. almond extract
1 t. lemon juice	1-2 t. vanilla butternut
1 c. of Seven Up soda	

Cream butter, oil, and eggs. Add remaining ingredients. Lightly grease cake pans with butter and dust with flour. Bake 45-50 minutes in a 350 degree oven. Check on the cake after 35 minutes.

Nadine Adams

Heath Bar Cake

Cake: 7 oz. bittersweet or semisweet chocolate, chopped	
1/2 c. coffee liquor	1 T. instant espresso powder
10 T. unsalted butter	1/2 c. golden brown sugar
2/3 c. all-purpose flour	
4 large eggs, separated (room temperature)	
pinch salt	pinch cream of tartar
1/4 c. golden brown sugar	
3 Heath Bars (1 3/16 oz. size), chopped	
Glaze: 1/4 c. whipping cream	2 T. coffee liquor
1 1/2 t. instant espresso powder	
6 oz. bittersweet or semisweet chocolate, chopped	
1 Heath Bar (1 3/16 oz. size), chopped	

Cake: Preheat oven to 350 degrees. Butter 8" springform pan. Dust with flour. Melt chocolate with coffee liquor. Add butter 1 T. at a time, stirring. Mix in 1/2 c. sugar. Remove from heat and mix in flour. Mix in egg yolks 1 at a time. Cool. Beat whites with salt and cream of tartar until soft peaks form. Add 1/4 c. sugar 1 T. at a time. Whisk chocolate mixture. Gently fold in whites in 4 additions. Gently fold in chopped Heath Bars. Bake until tester comes out almost clean, about 45 minutes. Cool; center will fall. Invert and cool.

Glaze: Scald whipping cream with coffee liquor. Add espresso and mix. Add chocolate and stir 1 minute. Remove from heat and stir until chocolate melts. Cool until almost room temperature. Spread glaze on cake and sprinkle with chopped Heath Bar.

Alison Davidow

Milky Way Cake

8 Milky Way candy bars	2 1/2 c. flour
2 sticks butter	1/2 t. soda
2 c. sugar	1 c. buttermilk
4 eggs	1 c. chopped pecans

Melt candy bars and 1 stick butter; set aside. Cream remaining butter with sugar; add eggs. Sift flour with soda and add alternately to creamed mixture with buttermilk. Add candy mixture and mix well. Add pecans. Place in greased tube pan. Bake 1 hour and 10 minutes at 325 degrees.

Rita Moore

3-Layer Cake

1/2 lb. butter	2 c. sugar
4 eggs	3 c. flour
1 t. salt	3 t. baking powder
1 c. milk	1 t. vanilla + 1 t. lemon flavor

Cream butter and sugar and add eggs, one at a time, blending well after each addition. Sift flour with salt and baking powder and add to butter mixture. Add milk. Add vanilla and lemon flavoring. Pour into layer pans. Bake at 350 degrees for 30 minutes or until cake is done. Frost with Lemon Pineapple Topping.

Barbara Hall

Lemon Pineapple (with Coconut) Topping

3/4 c. sugar	1 lemon
3/4 c. water	1 egg
pinch of salt	2 T. corn starch
freshly grated coconut	1 can crushed pineapple, drained

Add in sauce pan sugar, grated rind of lemon, juice plus enough water to make 3/4 cups. Beat egg yolk slightly and add. Add salt and corn starch. Cook over medium heat, stirring until thick. Let cool. Add drained, crushed pineapple. Spread between cooled layers. Frost with boiled icing and freshly grated coconut.

Barbara Hall

Texas Sheet Cake - I

2 sticks butter	1 c. water
4 t. cocoa	2 c. flour
2 c. sugar	1/2 t. salt
2 eggs, beaten	1/2 c. sour cream
1 t. baking soda	

Bring butter, water, and cocoa to boil in sauce pan. Remove from heat and cool slightly. Sift together flour, sugar, and salt. Add to liquid mixture. Beat in eggs, sour cream, and soda. Pour into greased jelly roll pan (16 x 11). Bake 20-22 minutes in a 375 degree oven.

Frosting:

Bring to a boil 1 stick butter, 4 t. cocoa, 6 T. milk. Remove from heat and add 1 box of powdered sugar, 1 c. chopped nuts, and 1 t. vanilla. Spread over cake as soon as it's removed from the oven.

Kay Frances Dolan

Texas Sheet Cake - II

1/2 c. Crisco	1 c. water
1/4 c. cocoa	2 c. flour
2 c. sugar	2 eggs
1/2 c. buttermilk	1 t. cinnamon
1 t. vanilla extract	1 t. baking soda

Combine flour and sugar in large bowl. Combine Crisco, water, and cocoa in saucepan and bring to a boil. Pour over flour mixture. Add buttermilk, eggs, cinnamon, vanilla, and soda. Pour into greased jelly roll pan. Bake in preheated 400 degree oven.

Frosting:

Combine in saucepan, 1/2 c. margarine, 3 1/2 t. cocoa, and 1/3 c. milk. Cook over low heat until it just begins to boil. Remove from heat. Add 1 box powdered sugar and 1 1/2 t. vanilla. Mix well and add 1 c. chopped pecans (opt.). Pour over cake as soon as it comes out of the oven.

Meryl K. Evans

Cheesecake

2 16-oz. pkgs. Philadelphia cream cheese	3 eggs
1 8-oz. container Breakstone sour cream	1/2 c. sugar
3 T. sugar	1/2 t. vanilla extract
1/2 t. lemon extract	
1 Keebler graham cracker pie crust (regular, not large)	

Preheat oven to 325 degrees. Use mixer to blend softened cream cheese in bowl. Cream cheese should be room temperature or softened in microwave on setting of 20 percent for a total of 2 minutes, rotating 1/4 turn after 1 minute. Add eggs (one at a time) and 1/2 c. sugar until mixture is, for the most part, lump free. Pour into pie crust and bake for 30-35 minutes - no longer. Center should be not quite done, surrounding area should not be dry and cracked. Remove from oven and let cool for 10-15 minutes. Combine sour cream, 3 T. sugar, and flavorings in bowl and stir. Spoon evenly over top of cooled pie and return to 325 degree oven for 10 minutes. Remove from oven and let cool for 15 minutes; refrigerate. This cheesecake will be so good that you should not need a topping; however, blueberry or strawberry topping is good for anyone who wants additional caloric punishment.

Susan Reyes

Peaches and Cream Cheesecake

3/4 c. flour (if self-rising, omit baking powder and salt)	
1 t. baking powder	1/2 t. salt
3-1/4 oz. pkg. dry vanilla pudding mix (not instant)	
3 T. butter or margarine, softened	1 egg
1/2 c. milk	
1 15-20-oz. can sliced peaches, well drained, reserve 3 T. of juice	
1 8-oz. pkg. cream cheese, softened	1/2 c. sugar
1 T. sugar	1/2 t. cinnamon

Combine flour, baking powder, salt, pudding mix, butter, egg, and milk in large mixing bowl. Beat 2 minutes at medium speed. Pour into 9 inch deep dish or 10 inch pie pan with greased bottom and sides. Place drained peaches over batter. Combine cream cheese, 1/2 c. sugar and reserved juice in small mixing bowl. Beat 2 minutes at medium speed. Spoon over peaches to within 1 inch of edge of batter. Combine remaining sugar and cinnamon and sprinkle over cream cheese mixture. Bake in preheated 350 degree oven for 30-35 minutes until crust is golden brown. Filling will appear soft. Store in refrigerator.

Dolores Richard

Ricotta Pie Cake

Prepare 1 yellow or lemon cake mix as directed on package. Pour into 9 x 13 ungreased pan. Blend together 1 1/2 lb. ricotta, 3/4 c. sugar, 4 eggs, and 2 t. vanilla. Pour blended ingredients in the center of the pan over the cake mix. DO NOT STIR. Bake at 350 degrees for 1 hour and 10 minutes or until light golden color. Cool and sprinkle with powdered sugar.

Anita Sciacca

No-Bake Cookies

1 stick butter	2 c. sugar
1/2 c. milk	1/2 c. cocoa
1/4 t. salt	1 c. peanut butter
1 t. vanilla extract	3 c. oats
1 c. peanuts, coconut, or raisins (opt.)	

Combine butter, sugar, milk, cocoa, and salt in saucepan. Bring mixture to a rapid boil, stirring constantly. Remove from heat and stir in remaining ingredients. Drop by tablespoonfuls onto waxed paper and let cool.

Cindy Medlock

Snickerdoodles

1 c. butter or margarine	3/4 c. finely packed brown sugar
3/4 c. granulated sugar	2 eggs, well beaten
2 c. all-purpose flour	1/2 t. salt
1 t. soda	1 t. cinnamon
1 1/2 c. uncooked oatmeal	cinnamon sugar

In a large bowl, beat butter until creamy. Add sugars; mix until light and fluffy. Add eggs; mix well. Sift together flour, salt, soda and cinnamon. Add sifted dry ingredients to creamed mixture. Mix until well combined. Stir in oats. Form dough into 1" balls. Roll in cinnamon sugar and place on cookie sheets 1" apart. Bake in preheated 400-degree oven 8 to 10 minutes. Makes 4 1/2 to 5 dozen cookies.

Ellie O'Sullivan

Biscotti

1/2 c. butter (room temperature)	1 c. sugar
2 eggs	1 1/2 t. vanilla
2 c. flour	1/2 t. baking powder
1/2 t. baking soda	1 1/2 c. chopped almonds

Cream butter and sugar; add eggs; beat in vanilla. Combine dry ingredients, including nuts. Add to egg mixture. Dough will be very stiff and sticky. Cover with plastic wrap and refrigerate 1 hour to overnight. With floured hands, divide dough into two portions. Shape each into a 12 inch loaf. Grease a 10 x 14 inch baking sheet. Place both loaves on the sheet, leaving at least 3 inches between them. Flatten slightly. Place in preheated 400 degree oven and bake 20 minutes until firm. Remove baking sheet from oven and place on wire rack to cool slightly. Lower oven temperature to 375 degrees. While still warm, slice loaves into diagonal slices about 1/3 inch thick. Arrange slices on ungreased cookie sheet and return to oven for 15 minutes or until firm. Do not brown. Place on wire rack and cool completely. Store in airtight container.

Variations:

Chocolate: Add 1 c. cocoa powder and 1 1/2 c. chocolate chips to flour/nut mixture.

Banana: Add 1/4 c. banana flavoring (not extract). Use walnuts or pecans.

Cinnamon: Add 1/4 c. ground cinnamon. After first baking, brush lightly with beaten egg white and sprinkle with cinnamon sugar.

Chocolate Glaze: Dip in melted dark or white chocolate. Coat only one end or one side of cookie.

Sandee Lewis-Haskell

Butter Riches - delicate caramel cookies with browned butter frosting

3/4 c. butter	1/2 c. firmly packed brown sugar
1 t. sugar	1 unbeaten egg yolk
1 3/4 - 2 c. sifted flour (to make a stiff dough)	1 t. vanilla

Cream butter. Gradually add sugars and cream well. Add egg yolk and vanilla; cream well. Blend in flour. Shape into balls about the size of a marble. Place on greased cookie sheets. Flatten to the size of a fifty-cent piece with the bottom of a glass dipped in sugar. Bake in a 350 degree oven for 7-9 minutes until light golden brown. Garnish with almond slivers.

Frosting:

Brown 1/4 c. butter. Blend in 2 1/2 c. sifted powdered sugar and 1 t. vanilla. Gradually add 3-4 T. cream until frosting is of spreading consistency.

Kay Frances Dolan

Cousin Jackie's Fabulous Fudge

4 1/2 c. sugar	1 medium can Pet milk
1/2 lb. melted butter	1 T. salt
3 small pkgs. chocolate chips	1 8-oz. jar marshmallow cream
nuts (opt.)	

Mix together in a heavy pan (skillet) sugar, butter, milk and salt. Bring to a boil. Boil exactly 9 minutes. Remove from heat and add remaining ingredients. Pour into a shallow, buttered pan (use a large one since this recipe makes about 5 lbs.)

Jackie Wilcox

Cheddar Biscuits

2 c. all-purpose flour	1 T. baking powder
1/2 t. salt	
1 1/2 c. coarsely grated extra sharp cheddar cheese	
1 1/4 c. heavy cream	

Preheat oven to 425 degrees. Sift the flour, baking powder, and salt together. Add cheddar and mix well. Add cream and stir just until it forms a ball. Knead gently 6 times on floured board; roll to 1/2" thickness. Cut into rounds and place on ungreased baking sheet. 2 1/2" rounds take 15-17 minutes.

Alison Davidow

Hilda's Muffins

Take a box of muffin mix. I use Washington's, usually the Bran Muffin Mix, but occasionally the Oat Bran Muffin Mix. Follow the directions for initial mixing - usually adding 1/2 c. water or less and an egg. Try substituting fruit juice for the water and egg substitutes for the egg.

Add 1/2 c. each of one or more of the following and mix well.

- chopped and pitted dates or apple
- chopped nuts (walnuts or pecans)
- raisins
- crushed pineapple
- small slices of ripe banana

Fill greased muffin tins with batter. Bake in 400 degree oven for 15-20 minutes. Let muffin tin stand for about 5 minutes before removing muffins to a cooling rack. Can be frozen and will respond well to reheating in the microwave.

Hilda Wing

Mexican Cornbread

1 17-oz. can creamed corn	3/4 c. buttermilk (or milk)
1 c. yellow corn meal	1/2 c. melted butter
2 eggs	2 c. grated sharp cheese
1 t. salt	1 4-oz. can diced green chilies
1/2 t. baking soda	2 T. butter

Combine all ingredients except 2 T. butter and 1/4 c. grated cheese. Beat well. Melt the remaining 2 T. butter in 9 inch skillet in a 400 degree oven. Pour batter into hot skillet and sprinkle with remaining 1/4 c. cheese. Bake 40 minutes or until pick inserted in center comes out clean.

Sandee Lewis-Haskell

Easy Cherry Cheesecake

Crust:	1/2 c. sugar	2 c. graham cracker crumbs
	1 c. melted margarine	

Mix ingredients together; press into 9 x 12 pan.

Filling:	8 oz. cream cheese	1/2 c. powdered sugar
	2 pkgs. dream whip	1 can cherry pie filling

Cream sugar and cream cheese. Add dream whip (made up according to package instructions). Pour mixture into pan and top with can of cherry pie filling. Chill (do not freeze) for at least 2-4 hours. Serves 12-16.

Paul Twohig

Quick Whole Wheat Pancakes (Lower calorie; serves 3-4)

1 1/4 c. whole wheat flour	2 1/2 t. baking powder
1/2 t. salt	1 egg, slightly beaten
1 1/4 c. skim milk	

Mix dry ingredients together. Combine milk and egg. Add milk mixture to dry ingredients. Mix slightly (will be lumpy). Pour or spoon onto hot griddle or pan.

Paul Twohig

Egg Nog

6 eggs	1/2 c. sugar
1 pint cream	1 pint milk
1 pint straight bourbon	1 oz. Myers dark rum

Separate eggs. Beat whites until stiff peaks form; mix in 1/4 cup sugar. Beat yolks, add 1/4 cup sugar and dump into whites. Throw in cream, milk, bourbon, and rum. Add 1 T. nutmeg if desired. Use largest mixing bowl - will fill to brim.

Claudia Cross

Binnacle (Flagship)

To make 1 quart:

3 oz. apricot brandy	3 oz. light rum
3 oz. dark rum	3 oz. vodka
11 oz. orange juice	11 oz. pineapple juice
5 1/2 oz. lemon juice	3 oz. grenadine

Cynthia Jones

Sheila Robinson's Favorite Carryouts

The Manhattan Deli
Popeyes
Eddie's Subshop
Philadelphia Mike's
Safeway Gourmet Deli
Jamaica Joe's
Sezchuan Gallery
Eastern Market

Sheila Robinson

§ Traditional Challag (Egg Bread Braided Loaf)

This recipe makes at least four loaves.

For an unusually smooth taste and texture to enhance holidays, this recipe is the only answer. I get many compliments on this recipe and I am told that it is a fantastic Challah (bread for the Sabbath) recipe. I am usually modest but this is truly a great recipe, so I am told.

I always like to share with friends the interesting cultural aspect of this recipe. Jewish Law requires separating and burning a small piece of the dough as a gesture of sacrifice, gratitude, and respect for the blessings of food.

5 pounds flour
3 packages dry yeast
2 cups warm water
1-1/2 sticks margarine
2-1/3 cups boiling water
2 Tblsps salt
1-1/2 cups sugar
5 eggs
GLAZE: 1 egg, beaten, poppy seeds

Dissolve yeast in warm water until it bubbles. In large bowl pour boiling water over margarine, stir till melted. Add salt and sugar, let cool 5 min. Beat in eggs, add bubbling yeast. Gradually add flour. Knead for 10 minutes. Add flour if dough is too moist. When ready to rise, smear top with oil, cover and let rise 1 hour. [Now is when you separate the small piece] Shape into loaves or rolls of any size you wish, and let rise another hour. Reminder, this makes at least 5 big loaves. Brush with beaten egg and (optional) sprinkle with poppy seeds. Bake at 350 1 hour for large challahs, 1/2 hr. for rolls.

Roberta Sappington

From Our Kitchen To Yours

When you're in the middle of preparing a recipe and discover an ingredient is missing, there isn't always

time for a trip to the supermarket. Keep this emergency substitution chart nearby—the solution could

be on your pantry shelf. For easy access, post the chart in a handy area of your kitchen.

Needed Ingredient

Baking products:

1 cup powdered sugar
1 cup honey
1 cup chopped pecans
1 cup light corn syrup
1 (7-ounce) jar marshmallow cream
1 teaspoon baking powder

Substitute

1 cup sugar plus 1 tablespoon cornstarch (processed in food processor)
1 1/4 cups sugar plus 1/4 cup water
1 cup regular oats, toasted (in baked products)
1 cup sugar plus 1/4 cup water
1 (16-ounce) package marshmallows, melted, plus 3 1/2
tablespoons light corn syrup
1/3 teaspoon baking soda plus 1/2 teaspoon cream of tartar

Dairy Products:

1 cup milk
1 cup whipping cream
1 cup plain yogurt
1 cup sour cream

1/2 cup evaporated milk plus 1/2 cup water
3/4 cup milk plus 1/3 cup melted butter (for baking only; will not whip)
1 cup buttermilk
1 cup yogurt plus 3 tablespoons melted butter or 1 cup
yogurt plus 1 tablespoon cornstarch

Vegetable Products:

1 pound fresh mushrooms, sliced
1 small onion, chopped
3 tablespoons chopped sweet red or
green pepper
3 tablespoons chopped sweet
red pepper
3 tablespoons chopped shallots

1 (8-ounce) can sliced mushrooms, drained, or 3 ounces dried
mushrooms
1 tablespoon instant minced onion or 1 teaspoon onion powder
1 tablespoon dried red or green pepper flakes
2 tablespoons chopped pimiento
2 tablespoons chopped onion plus 1 tablespoon chopped garlic

Seasoning Products:

1 clove garlic
1 tablespoon chopped chives
1 tablespoon grated fresh gingerroot
1 tablespoon grated fresh
horseradish
1 tablespoon dried orange peel
1 tablespoon candied ginger
1 (1-inch) vanilla bean
1 teaspoon garlic salt
1 teaspoon ground allspice
1 teaspoon apple pie spice

1 teaspoon pumpkin pie spice

1 teaspoon dry mustard

1/8 teaspoon garlic powder or minced dried garlic
1 tablespoon chopped green onions tops
1/8 teaspoon ground ginger
2 tablespoons prepared horseradish

1 1/2 teaspoons orange extract or 1 tablespoon grated orange rind
1/8 teaspoon ground ginger
1 teaspoon vanilla extract
1/8 teaspoon garlic powder plus 1/8 teaspoon salt
1/2 teaspoon ground cinnamon plus 1/2 teaspoon ground cloves
1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, plus
1/8 teaspoon ground cardamom
1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger,
1/8 teaspoon ground allspice, plus 1/8 teaspoon ground nutmeg
1 tablespoon prepared mustard

Miscellaneous Products:

1/4 cup Marsala
1 tablespoon brandy
1/2 cup balsamic vinegar
1 cup tomato juice
2 cups tomato sauce

1/4 cup dry white wine plus 1 teaspoon brandy
1/4 teaspoon brandy extract plus 1 tablespoon water
1/2 cup red wine vinegar (slight flavor difference)
1/2 cup tomato sauce plus 1/2 cup water
3/4 cup tomato paste plus 1 cup water

Flavor match-ups

What goes with what? Try these ideas for herbs and spice, then experiment!

Allspice: Add 2 whole allspice to the pot when stewing chicken. Dash ground allspice over fruit salad. Season cranberry juice with allspice, cinnamon, and cloves; serve hot or chilled.

Anise seed: Gives bread or cookies a delightful licorice flavor. Add to filling for baked apples.

Basil: A natural for tomato and potato dishes. Try $\frac{1}{4}$ teaspoon in each cup of tomato-juice cocktail. Add a pinch to tomato aspic or cheese souffle. Use to brighten the seasoning for hamburger patties, meat loaf, or tuna casserole.

Bay leaves: A favorite because they give pleasant flavor to meat, fish, soups, potatoes. When making potato salad, cook potatoes with a bay leaf and onion.

Caraway seed: Add to cream-puff batter—2 teaspoons for $\frac{1}{2}$ cup flour; fill with creamed ham. Or make tiny puffs; fill with ham salad and serve as appetizers. Sprinkle caraway over coleslaw.

Cardamom seed: Sprinkle on baked custard, fruit salad, or chilled melon cup. For dessert coffee, place 2 crushed cardamom seeds in each demitasse cup; fill with demitasse coffee.

Celery seed: A must in pickles, relishes, potato salad.

Chervil: Add bouquet garni when cooking peas: For 1 pound frozen peas, use $\frac{1}{4}$ teaspoon *each* chervil and thyme, and 1 teaspoon snipped parsley.

Chili powder: Add a dash to scalloped oysters or canned corn.

Chives: Great in cottage and cream cheeses, scrambled eggs, cream soups. Spaghetti is wonderful tossed with butter, Parmesan, and finely snipped chives.

Cinnamon: Combine 2 tablespoons sugar and 1 teaspoon cinnamon; sprinkle on 4 grapefruit halves; fill center with butter; broil. Add $\frac{1}{2}$ teaspoon to crumbs for 1 graham-cracker crust.

To flour mixture from 1 package angel-cake mix, add 1 teaspoon cinnamon and $\frac{1}{4}$ teaspoon *each* cloves and nutmeg. Sift.

Coriander seed, ground: Add to potato salad, bread, cookies, pumpkin pie, and cherry pudding.

Curry: Add to deviled eggs— $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon for 8 eggs. Make curried pastry for main-dish pie: Add 1 teaspoon curry per cup flour; sift with flour.

Dill: For dilled creamed potatoes, add $\frac{1}{4}$ teaspoon dried dill weed for each cup white sauce. Wonderful in sour cream sauces. Add dill seed to coleslaw or potato salad.

Garlic Powder: About $\frac{1}{4}$ teaspoon is equal to one small clove garlic. Adds zingo to meats, vegetables, salads, and dressings.

Ginger: A must in many desserts, of course. Often goes along with soy sauce to lend an Oriental touch to chicken, pork, lamb, or beef. Try adding to seasoned sour cream to dress a chicken salad.

Horseradish: Adds zest to meats and fish, cheese, and eggs.

For ham sandwich spread, mix $\frac{1}{4}$ cup soft butter or margarine, 2 tablespoons prepared horseradish, 2 teaspoons poppy seed, and 2 tablespoons chopped onion.

Mace: Add dash to cherry pie, a light shake to oyster stew.

Marjoram: Particularly good with lamb. Accents mushrooms nicely. Perfect in scrambled eggs, omelet, or souffle—add $\frac{1}{4}$ teaspoon to 4 eggs. Season rice with marjoram, chervil, parsley, thyme; serve with roast chicken or lamb.

Mint: While peas simmer, add few mint flakes or minced fresh leaves. Mint makes fruit beverages, fruit cups and salads more delightful. Add dried mint flakes to hot cooked rice.

Mustard: Add a bit of dry mustard to scrambled eggs. Dry or prepared mustard goes in cheese sauce. Remember mustard seed for relishes, buttered cabbage.

Nutmeg: A must in Swedish meat balls. Add a dash to creamed onions. Dot canned peach halves with butter; dash with nutmeg; broil. To yellow cake mix or favorite recipe, add $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon allspice.

Oregano: It's a favorite of Mexican and Italian cooks. Gives character to meat loaf, stew, chili con carne, potatoes, tomatoes. Sprinkle in potato or seafood salads. Add to baked beans.

Paprika: Use a colorful dash on dips and spreads, salads, and vegetables. Add to flour mixture when coating meat for browning.

Cayenne Pepper: Not related to regular pepper. Should be used sparingly in sauces for sea food, in dips, spreads, egg dishes, and with meat, fish, and poultry.

Poppy seed: Nice in cheese breads. For poppy-seed pastry, add to flour mixture before the water; use 1 teaspoon for each $1\frac{1}{2}$ cups flour.

Rosemary: Distinctively fresh and sweet, but potent! You will like it with meats, dumplings, biscuits. Nice with cauliflower or corn. It's a flavor complement with garlic powder and parsley.

Sage: Whole leaf or ground (rubbed), it has a strong but appetizing flavor. Best liked with pork, in stuffings, for turkey and chicken. Mix with process cheese for a flavorful spread. Use to season clam chowder; add dash to canned tomato soup.

Savory: Also called summer savory. Add a sprinkle to pea soup. To sauce cauliflower, combine can of condensed celery soup and a pinch of savory—wonderful! A half-teaspoon in biscuit dough gives delightful aroma. Add to scrambled eggs— $\frac{1}{4}$ teaspoon to 2 eggs. Nice in stuffings, stew, meat balls. Use on green beans.

Sesame seed: Use in breads and cookies. Toasted sesame seed makes terrific topper for vegetables or add to basting sauce for fish. To toast, spread seeds in shallow pan; heat at 350° for 10 minutes, stirring occasionally.

Tarragon: Use with all sea food, hot or cold. Important in chicken, egg, and tomato dishes. Gives tang to tartare sauce. Does marvelous things for creamed chicken—use $\frac{1}{2}$ teaspoon to 2 cups liquid. Perks up the flavor of cream of spinach soup. Add a pinch to favorite cheese sauce.

Thyme: Blends well with other herbs. Popular seasoning for soups and chowders. Use with carrots, green beans, peas, onions. Sprinkle on sliced tomatoes, salad greens, sea-food salad.

Index

Recipe	Recipe Contributer	Page	Specialty Dishes
<i>Appetizers</i>			
Artichoke and Cheese Dip	Marcia Brusberg	3	
Caponata	Anita Sciacca	11	 Sicilian
Crabmeat Pate	Kay Frances Dolan	11	
Havarti Pastry Puff	Angie Kask	10	
Hot Clam and Cheese Dip	Marcia Brusberg	4	
Mexican Dip	Cindy Medlock	10	 Mexican
Salmon Ball	Grace Pumphrey	13	
Spinach Dip	Lorna Smith	8	
World Class Guacamole	Ann Hoffer	11	 Mexican
<i>Soups</i>			
Carrot Ginger Soup	Angie Kask	12	 Chinese
Clam Chowder	Denise Bontempo	4	
Cold Cream of Curried Pea Soup	Steve Perin	10	 Eastern
Cold Peach Soup	Valerie Nichols	12	
Cream of Cauliflower Soup	Ellie O'Sullivan	12	
Cream of Lima Soup	Ellie O'Sullivan	14	
Hot and Sour Soup-I	Ellie O'Sullivan	13	 Chinese
Hot and Sour Soup-II	Merry Creamer	14	 Chinese
<i>Salads</i>			
Applesauce-Rasberry Salad Mold	Jinny Jackson	15	
Bread and Butter Pickles	Audrey Knisley	18	
Cheese Grits	Sandee Lewis-Haskell	18	
Cous Cous Salad	Lorna Smith	15	 Middle Eastern
Frozen Cranberry Salad	Jinny Jackson	16	
I don't want to cook potato salad for buffets and potlucks.	Virginia Volk	5	 German
Macaroni and Tuna Salad	Ella Kent	17	
Oriental Chicken Salad	Sandee Lewis-Haskell	16	 Oriental
Pasta Salad	Virginia Volk		

Recipe	Recipe Contributer	Page	Specialty Dishes
Quick & Easy Pasta Salad	Virginia Volk	17	
Shrimp Scampi Salad	Cathie Mott	5	
Something Special Zucchini	Christine Palmer	15	
Vietnamese Chicken Salad	Mai Nguyen	16	▷ Vietnamese
Zoroastrian Rice	Dick Cullen	17	

Sauces

Ann's Grandmother's Cranberry Ice	Ann Hoffer	3	
Creamy Dressing	Angie Kask	4	
Italian Dressing	Katie Stephens	6	
Mott's Family Tarter Sauce	Geneva Mott	3	
Nonfat Whipped Topping	Katie Stephens	8	
Nonfat Yogurt Cheese	Katie Stephens	7	
Salsa	Katie Stephens	7	▷ Mexican
The Gourmet's Dressing	Virginia Volk	6	

Main Entree Recipes

Capri (Eggplant) Sandwich	Meryl K. Evans	27	
Chicken Adobo	Tanya Yiasemides	31	▷ Phillipines
Chicken in Wine and Mushroom Sauce	Ellie O'Sullivan	34	
Chicken Satays with Peanut Dipping Sauce	Steve Perin	34	▷ Middle Eastern
Chicken Spezzatino	Anita Sciacca	28	▷ Sicilian
Chicken With Pretzels	Meryl K. Evans	24	
Chinatown Chicken Simmer	Cathie Mott	25	▷ Chinese
Crab Quiche	Margaret Powell	29	
Easy Basic Spaghetti Meat Sauce	Cathie Mott	28	▷ Italian
Elephant Stew	Pat McLaughlin	31	
Flounder And Vegetables	Margaret Stephens	22	
Franks & Potatoes Casserole	Meryl K. Evans	25	KIDS Faves
Gene's San Francisco Style Burritos	Eugene Rainwater	35	
Half Chicken Dinner	Margaret Stephens	23	

Recipe	Recipe Contributer	Page	Specialty Dishes
Halibut Steaks	Margaret Stephens	23	
Herbed Potatoes	Ann Hoffer	21	
Italian Shells	Meryl K. Evans	26	☛ Italian
Just Plain Meat Loaf			
.....That's Not Plain!	Cathie Mott	29	
Lasagna	Meryl K. Evans	26	☛ Italian
Lobster Tails	Margaret Stephens	22	
Mott's Family Crab Cakes	Geneva Mott	20	
Oriental Shrimp and Pasta	Vincent Roots	36	☛ Oriental
Papillots of Chicken with			
Pecan-Mustard Sauce	Valerie Nichols	31	☛ Middle Eastern
Peachy Pork Picante	Tanya Yiasemides	25	☛ Mexican
Pretzel Chicken	Meryl K. Evans	33	
Quick Corned Beef Hash			
Casserole	Girtha Burks	36	
Ricotta-stuffed Chicken Breasts	Christine Krithades	36	☛ Italian
Salmon Filets			
With Blender Hollandaise	Margaret Stephens	20	BBQ
Scallop Kebobs	Cathie Mott	21	BBQ
Skillet Florentine	Bob Turner	24	☛ Italian
Spaghetti Meat Sauce	Cathie Mott	28	☛ Italian
Spaghetti Sauce	Sandy Brusberg	19	
Spicy Cashew Stir-Fry	Merry Creamer	33	☛ Chinese
Spicy Chicken Legs	Margaret Stephens	28	
Texas Hash	Sandy Brusberg	19	
Texas Fajitas I	Meryl K. Evans	35	
Texas Fajitas II update	Meryl K. Evans	19	
Un-Fried Chicken	Angie Kask	24	
Veal Paprikash	Ellie O'Sullivan	32	☛ Middle Eastern
Veggie Pie	Vincent Roots	32	

Dessert Recipes

3-Layer Cake	Barbara Hall	45	
Apple Bundles	Cathie Mott	38	KIDS Faves
Apple Crisp	Lorna Smith	46	
Apple Pumkin Desserts	Shirley Purnell-Rice	47	
Appricot Prune Fruitcake	Alison Davidow	47	
Apricot Charlotte	Valerie Nichols	49	

Recipe	Recipe Contributer	Page	Specialty Dishes
Blueberry Coffee Cake	Margaret Powell	42	
Birthday Bananas	Karen Davis	38	
Biscotti	Sandee Lewis-Haskell	55	
Butter Riches	Kay Frances Dolan	56	
Creamy New York Cheesecake	Katie Stephens	44	
Carrot Cake I	Bob Skinner	48	
Carrot "Cake" II	Katie Stephens	43	
Cheesecake	Susan Reyes	53	
Chocolate-Coconut Clouds	Meryl K. Evans	39	
Cousin Jackie's Fabulous Fudge	Jackie Wilcox	56	
Double Good Blueberry Pie	Steve Perin	45	
Easy Cherry Cheesecake	Paul Twohig	58	
Easy Chocolate Pie	Barbara Hall	45	
Fruit Parfaits	Angie Kask	40	
Heath Bar Cake	Alison Davidow	50	KIDS Faves
Homemade Heathbars	Peggy Stephens	38	KIDS Faves
Indian Pudding	John "Watchful One" Ogden	41	1st American
Jello Pie	G. J. Johnson	45	
Karen's Yomtov Honey Cake	Meryl K. Evans	40	Jewish
Lemon Loaf Cake	Audry Knisley	49	
Lemon Pineapple (with Coconut) Topping	Barbara Hall	45	
Lovey's Better-Than-Sex Cake	Vincent Roots	49	
Milky Way Cake	Rita Moore	51	
No-Bake Cookies	Cindy Medlock	54	KIDS Faves
Orange Jello	Cathie Mott	38	
Peaches and Cream Cheesecake	Dolores Richard	53	
Peanut Butter Cookies	John McDaniel	38	KIDS Faves
Pumkin Bars	Sandee Lewis-Haskell	46	KIDS Faves
Pumkin Flan	Alison Davidow	46	
Pumpkin Pie	Katie Stephens	43	
Raimey's Low-Calorie/Sugar Free Cherry Tarts	Meryl K. Evans	39	
Ricotta Pie Cake	Anita Sciacca	54	Italian
Seven Up Cake	Nadine Adams	50	
Snickerdoodles	Ellie Sullivan	54	KIDS Faves
Sunburst Pound Cake	Margaret Powell	42	
Texas Sheet Cake I	Kay Frances Dolan	52	
Texas Sheet Cake II	Meryl K. Evans	52	
Zucchini Cake	Claudia Cross	48	

Recipe	Recipe Contributer	Page	Specialty Dishes
<i>Pancakes, Biscuits, Breads, and Muffins</i>			
Cheddar Biscuits	Alison Davidow	57	
Hilda's Muffins	Hilda Wing	57	
Mexican Cornbread	Sandee Lewis-Haskell	57	☛ Mexican
Mock Banana Nut Bread	Katie Stephens	9	
Quick Whole Wheat Pancakes	Paul Twohig	58	
Traditional Challag (Egg Bread Braided Loaf)	Roberta Sappington	59	☛ Jewish
Zucchini Bread	Katie Stephens	8	
<i>Drink Recipes</i>			
Egg Nog	Claudia Cross	58	
Binnacle (Flagship)	Cynthia Jones	58	
Multi - Fruit Party Punch	Cathie Mott	53	
<i>Restaurants and Carry-out</i>			
Sheila Robinson's Favorite Carryouts	Sheila Robinson	59	

